A Taste of Troop 928 Cookbook

Prince of Peace

Former: Rising Star District
Former:Soaring Eagle District
Red Wolf District
Sam Houston
Area Council

Antacid
Optional

Original Sept. 1, 1997
Revised Oct. 1, 2022

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Introduction

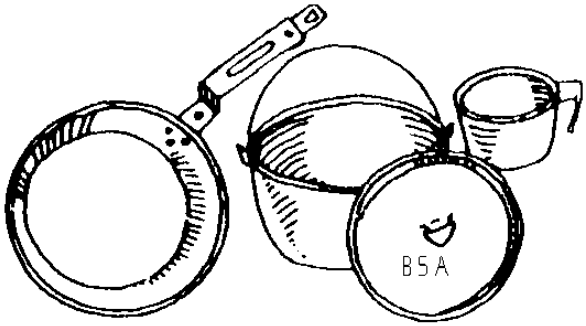
Troop 928 is chartered by Prince of Peace Catholic Community
19222 W. Montgomery (SH 249)
in the Red Wolf District of the Sam Houston Area Council, Boy Scouts of America.
The troop meets Monday nights at 7:00.

Hwy 249 and Perry Rd., North of FM 1960

Use of these recipes by Gourmet Restaurants is strictly forbidden by the AMA.

Bill O'Reilly
Past Scoutmaster

Richard Welch
Past Scoutmaster



Philmont Grace

For food, for raiment
For life, for opportunity
For friendship and
fellowship
We thank thee, O Lord.

"Cooks are not found wandering in the woods. Nor do Scouts fry an egg on the first try. Guide them, teach them, but don't do everything for them."

Ed Bailey, Denver Area Council, Centennial District

Troop 928 has families from all over. They bring knowledge and experiences from all over the world. And along the way, a few good recipes. Friends and relatives agree that you may have these secret recipes only on one condition. That you add your own and pass on the total to others.

Eat hearty and happy camping.

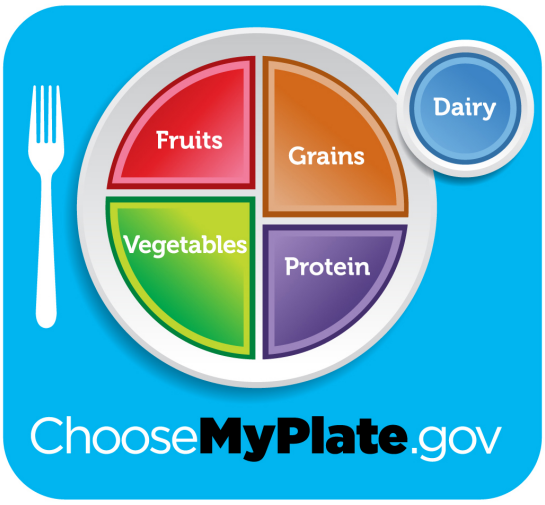
General Commandments on trail cookery: *go light, no fuss, no mess*

1. Nutritious	*What! pop-tarts for supper again?*
2. Low in weight	*Less than an 11 yr. old Scout.*
3. Taste Great	*Scouts sure are great cooks.....*
4. Cooks fast with no fuss	*Hurry up, the batteries are going...*
5. Meets BSA's handling standards	*Packed by a 11 yr. old Scout*
6. Compact	*Smaller than a 11 yr. old Scout*
7. Cheap	*No the Money Tree is not in the Forestry Merit...*
8. Clean	*Wash your hands again.*

Highly recommended reading for Parents, Leaders, and grommet Scout cooks and eaters:

Camp Cookery for Small Groups, Arthur J. Walrath, ed., 1967, BSA

Eating well is not just part of the fun of camping. It is important to eat well to replace the energy used in the hiking and activities that busy Scouts are prone to do. High fluid intake and high caloric intake are needed. Seasonal changes may demand over 3,000 calories per day. The food pyramid is a guide for meal planning. The Pyramid can change with camping. The high calorie diet of campers use more fats during colder weather. Try to take the bulk of the food from the carbohydrate group.



We have tried not to duplicate the many books available on camp cooking (see additional reading list). We have tried to place our own stamp on the type of cooking that our troop does, but do not limit yourself to the recipes, invent your own. The following tables are for the adventuresome who would like to try different things. Great, but try them at home first, not 20 miles out on the trail.

Take special note of any dietary needs of

the Scouts and adults. Allergies to foods are common.

Don't forget the duty roster. It will save time on determination of whose turn to do what.

List the Boys by name; that are on the campout.

Attendees:_____
_____

When	Water	Fire / Stoves / Cook	Clean Up	Food Bags
Fri. Night				
Sat Morn				
Sat Noon				
Sat Night				
Sun Morn				
Sun Noon				

Measurements

Dried Beans and Peas Yield Values

When you start with:	**You will get at least:**
1 cup black beans	2 cups cooked beans
1 cup blackeye beans	2 1/2 cups cooked beans
1 cup Great Northern beans	2 1/2 cups cooked beans
1 cup kidney beans	2 3/4 cups cooked beans
1 cup lentils	2 1/2 cups cooked lentils
2 cup large lima beans	2 1/2 cups cooked beans
1 cup small lima beans	2 cups cooked beans
1 cup pea (or navy) beans	2 1/2 cups cooked beans
1 cup split peas	2 1/2 cups cooked peas
1 cup pinto beans	2 1/2 cups cooked beans
	Source: Utah State Extension

"Remember: not all beans are the same." *Ralph's Beanery*

Can Sizes

Can Size	Net Weight	Cups	Servings/Can
#1	10 1/2 - 12 oz.	1 1/4	1
#300	14 - 16 oz.	1 3/4	2 or 3
#303	16 - 17 oz.	2	4 or 5
#2 1/2	1 lbs 13 oz.	2 or 3	4 or 6
#3 cylinder	3 lbs 3 oz. or 1 qt 14 oz	5 3/4	12
#10	6.5 lbs to 7 lbs 5 oz.	2 - 13	25
#5	48 oz	6	

SOURCE: Purchasing Food for 50 Servings, Cornell Ext. Bulletin 803

Camper's measurements without utensils

(use clean hands)

1 Open Fistful	=	1/2 cup
Five-Finger Pinch	=	1 Tablespoon
Four-Finger Pinch	=	1 Teaspoon
One-Finger Pinch(with thumb)	=	1/8 Teaspoon
One-Finger Gob of shortening	=	1 Tablespoon
Palm of hand (center)	=	1 Tablespoon

A plastic measuring cup is also a drinking cup.

Fluid Standard Measures

3 Teaspoons	=	1 Tablespoon	=	1/2 oz	=	29.57 milliliters
16 Tablespoons	=	1 Cup	=	8 oz	=	0.236 liters
2 Cups	=	1 Pint	=	16 oz	=	0.473 liters
2 Pints	=	1 Quart	=	32 oz	=	0.946 liters
4 Quarts	=	1 Gallon	=	128 oz	=	3.785 liters

1 Gallon water = 8 pounds of weight

1.05680317041 Gallons = 4 liters

SUBSTITUTIONS & EQUIVALENTS

1 lb. butter / shortening	=	2 cup
4 oz. cheddar cheese	=	1 cup grated
1/2 pt. whipping cream	=	1 cup (2 cup whipped)
8 oz. sour cream	=	1 cup
1 lb. flour	=	app. 3 1/2 cup
1 cup marshmallows	=	11 large or 110 miniature
1 lb. brown sugar	=	2 1/4 cup (packed)
1 lb. granulated sugar	=	2 1/4 cup
1 cup milk	=	1/2 cup evaporated milk + 1/2 cup water -or-
	=	1 cup reconstituted dry milk + 2 Tbs. butter
	=	1/3 cup dry milk powder and 2-3 parts water
1 can sweetened condensed milk	=	1 1/2 cups dry milk, plus 1/2 cup warm water, plus 4 Tbs. butter 3/4 cup sugar, beat together until smooth
1 cup buttermilk	=	1 cup milk + 1 Tbs. vinegar -or-
	=	3/4 cup milk + 1/4 cup butter + 1 1/2 tsp. corn starch
1 cup sour milk	=	1 cup sweet milk + 1 Tbs. vinegar / lemon juice
1 cup Half and Half	=	7/8 C milk + 1 ½ tablespoons butter or margarine
	=	half milk and half cream
1 stick butter	=	1/4 lb. or 1/2 cup or 8 Tbs.
1 lb. loaf bread	=	about 17 slices
1 1/2 tsp. cornstarch	=	1 Tbs. all purpose flour
1 cup Honey	=	1 1/4cup sugar + 1/4cup water or other liquid
1 cup of fine crumbs	=	22 vanilla wafers, 4 slices of bread, 26 saltine crackers, 14 graham crackers
1 Tbs. instant minced onion	=	1 small fresh onion
1 Reg. Onion	=	¼ cup dried minced onions
	=	1 ½ tablespoons onion powder
1/5 med Onion	=	1 Tbs. dried Onion

1 Tbs. sliced mushrooms	=	1 Tbs. dried mushrooms
1 cup carrots	=	½ cup dried carrots
1/8 med. Carrot	=	1 tablespoon dried carrots
1 Tbs. Corn	=	1 Tbs. FD or ½ Tbs. Dried corn
1 Tbs. Peas	=	1 Tbs. FD or ½ Tbs. Dried peas
1 Green Pepper	=	¼ cup green pepper Flakes
1/3 fresh Green Pepper	=	1 Tablespoon Green Peppers, dried
1 med. tomato	=	1 tablespoons powdered tomato
½ cup tomato puree	=	1 tablespoons powdered tomato
20 pounds tomatoes	=	18 ounces dried sliced tomatoes
3 Tbs. fresh tomato	=	1 Tbs. tomato bits or flakes
tomato paste	=	1 tsp powder and 1 tsp water
tomato sauce	=	1 tsp powder and 3 tsp water
	=	tomato paste and equal water
tomato soup	=	1 tsp powder, 1 tsp water and 2 tsp cream
tomato juice	=	1 tsp powder and 1/2 cup of water or more
1 cup spinach	=	2-3 tablespoons powdered spinach
1 teaspoon Bouillon powder	=	1 cube bouillon
1 teaspoon margarine	=	1 teaspoon butter powder
2 slices cheese ½ oz	=	1 Tbs. cheese powder
1 Tbs. prepared mustard	=	1 tsp. dry mustard
1 clove garlic	=	1/8 teaspoon garlic powder
	=	1/2 teaspoon garlic flakes
1 cup sugar	=	2/3 to 3/4 cup honey
1 cup honey	=	1 cup molasses
1 whole egg	=	2 egg whites = 1/4 cup egg substitute
	=	1 egg white + 1 tsp. oil
	=	1 – 1.5 Tablespoons powder egg mix
1 cup sour cream	=	1 cup plain low-fat yogurt
1 oz baking chocolate	=	3 Tbs. cocoa powder + 1 Tbs. oil
1 Tbs. cornstarch (for thickening)	=	2 Tbs. flour
3 pounds apples	=	5 ounces dried apples
1 oz freeze dried beef/chicken	=	1/3 cup= 1 serving size

1 Tbl vegetable powder = 1 ½ Tbl. Flakes = 2 Tbl. Dried pieces = 4 Tbls chopped fresh veggies.
For each tablespoons of veg. powder or 1 2/3 tablespoons flakes add ¼ cup liquid

Dried potato equivalents:

1 medium potato	=	approx 1/2 cup slices, rehydrated
1 lb frozen hash browns	=	approximately 2 cups dry hash browns, rehydrated

To rehydrate potatoes, cover with boiling water and allow to sit for 10 minutes. Drain and use as needed in recipes.
A medium potato peeled and sliced weighs approximately 5 oz.

Clarified Butter

Cut it into pieces and place it in a saucepan over moderate heat. When the butter has melted, skim off the foam and strain the clear yellow liquid into a bowl, leaving the milky residue in the bottom of the pan.

from Mastering the Art of French Cooking by Julia Child; Pg. 15

Powdered Milk Proportions

Powdered Milk	Water	To make
1/8 cup	less than ½ cup	½ cup
less than ¼ cup	greater than ½ cup	2/3 cup
¼ cup	less than 1 cup	1 cup
½ cup	less than 2 cups	2 cups
1 cup	3 ¾ cups	4 cups

Condiments in envelope single serve size last about 6 months. Do not store forever. If you found it in the glove box of the pickup… think twice or 3 times about using it.

Ketchup, mustard, jellies, honey, mayo

Cooking at Altitude with attitude

The boiling point of water decreases with increasing elevation due to decreasing air pressure. The boiling point of water decreases 1 degree C for each 1,000 feet of elevation. Cooking times increase with increasing elevation at 6,000 feet to about 125% of the time needed to cook at sea level. Time is dependent on the type of food and the method of cooking.

Very high altitudes may increase boiling times to 30% more than at sea level. Therefore quick cooking foods such as minute or quick rice and instant noodle soups are easier to use than raw foods.

The thing that most seriously affects baking is altitude. The higher you go the less leavening agent (baking powder) you will need. So when making your Baking Mix, either at home or on the trail, think about your altitude and adjust your ingredients appropriately. Also, buy double-acting baking powder. It releases its leavening in two stages so cakes won't rise too fast. If you do not adjust for the altitude your baked goods will expand out of your pan, crumble into a small pile, and be otherwise inedible without rolling them into crumb balls or eating them with a spoon.

Baking Powder: Use double-acting.

0-3500 feet: Use 4 tsp. per 2 cups of flour.
3500-6500: Use 3 1/2 tsp. per 2 cups of flour.
6500-8500: Use 3 tsp. per 2 cups of flour.
8500-10,000: Use 2 1/2 tsp. per 2 cups of flour.
Over 10,000: Use 2 tsp. and an extra egg (2 Tbs. powdered egg) per 2 cups of flour.

There are more exact adjustments, but this works. If the recipe calls for considerable sugar, many people cut back a tablespoon or two as they gain elevation. You usually don’t worry about it, but using too much sugar at the high altitudes may make your cakes fall by destroying the cell structure.

Commercial Mixes

Commercial mixes are prepared for sea level -- in fact most have altitude adjustments on the packaging. You must add extra flour to the mixes. Also, add some extra water to compensate or the extra flour and the fact that water evaporates faster at these drier heights. Use the guidelines below to adjust your commercial mixes before baking.

For every two cups of mix add:

3500-6500 feet:	2 Tbs. each flour and water.
6500-8500 feet:	3 Tbs. each flour and water.

8500-10,000 feet: 4 Tbs. (1/4 cup) each flour and water.
Above 10,000 feet: 4 Tbs. (1/4 cup) each flour and water and an extra egg.

Primus stovetop baking pan

Reminder: never leave a dry pan on a lit burner. It can ruin non-stick coatings and melt through aluminum. I have seen a few aluminum coffee pots destroyed that way. Oil your fry pans and put water in your pots. Likewise never leave your cooking utensils on the burner.

Stoves and Pots & Pans

Part of any planning for meals is to include the equipment that you need.

Choosing which stove and set of pans to take will depend on several thing.

1. How many people are going
   More people equals bigger pots and require stable stoves.
2. What type of trip is this. Camping, hiking, backpacking.
   weight and distance are important considerations.
3. Type of cooking. Meals from scratch or just add boiling water.
   Boiling water requires 1 pot and 1 burner.
4. Weather and altitude. Liquid stoves work better than canister in High altitude and cold weather.

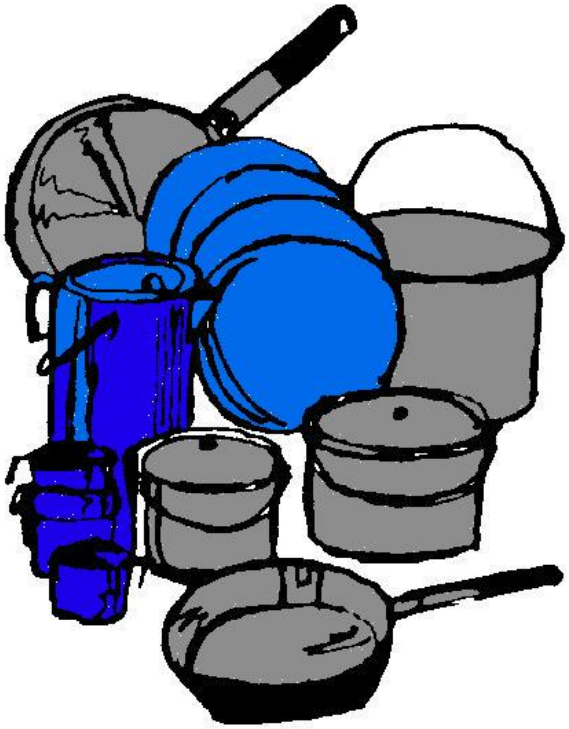
Sizing the right pot to the stove

The biggest pot in your cook set should hold roughly **1 pint per camper or backpacker** in your group. The number of pots: The number of people at your party, as well as the type of cooking you want to do, will determine how many pots and pans you will need.

Safety Hints

- Never cook inside enclosed spaces: As these spaces often lack ventilation, carbon monoxide poisoning might take place without any warning. Also avoid cooking in tents, RVs,… to avoid accidental fires.
- Check for leaks before use: No matter what kind of stove you use, leakage is a constant threat that you must always keep in mind. Take a quick glance at the fuel lines, valves and connections each time you cook.
- Cook on sufficiently stable surfaces: You cannot handle the cookware properly if the stove itself keeps wobbling times and again. Find somewhere level to set up the stove or accommodate it with a steady table.

Pans need to fit the stove. And the reverse is true.



Many or one

Car Camping

Car Camping

Liquid Fuel single burner

Canister stove

Clean Sweep - Food Safety Tips

The biggest party crasher at summer picnics and camp outs is food borne bacteria. You can't see them, you can't taste them; but you sure can feel them. Illness can occur hours or days later.

Each year about one in every ten Americans has an illness caused by food. Most of these cases result in simple stomachaches or diarrhea. If you prepare and then store foods properly, they will never leave their calling card behind. It's up to you to select, store, prepare, and then serve safe foods for you and your family. The most important steps to keep these uninvited guests away are very easy to do.

The Golden Rules of Food Safety

ALWAYS WASH YOUR HAND BEFORE AND AFTER HANDLING FOOD.
ALWAYS WASH YOUR HANDS AFTER USING THE REST ROOM.

When preparing food, keep surfaces and utensils clean. Use one cutting board for raw meats. Use another board for fruits and vegetables that won't be cooked.

WASH YOUR HANDS BETWEEN EACH TASK!

Keeping a clean kitchen area saves on cleaning up after the meal and keeps food related illnesses at a minimum. A clean heavy plastic sheet can declare kitchen boundaries at the camp site. We don’t always have tables, but the ground is there. So claim a space in the cooking area for yourself, your patrol, or crew. This will not be near tents.
NO one walks through or on my kitchen.

Read the preparation directions twice before beginning.

WASH YOUR HANDS, yes again...

- Pick up trash as you create it.
- Soak pots and pans after using. Prevent that stuck on food mess after the meal.
  A simple trick is to fill dishpans with hot, sudsy water. This serves two purposes for me.

  When preparing food, you can toss the dirty dishes into the hot water to soak while you cook. This makes for easier cleanup.

  As you cook, stick your hands in the water to clean.
- **Keep cold food cold and hot food hot.**

- 140 degrees F or above and 40 degrees F or below. Do not leave food at room temperature longer than 2 hours (1 hour when summer room temperatures are hot). Outdoors has even a shorter time. Thaw foods in the refrigerator, not on the counter. Also make sure that meat juices can't drip onto other foods. Watch those coolers and the melting water. To store hot foods, refrigerate immediately in shallow containers to cool them more quickly.
- Keep chicken and chicken products, juices away from other foods. Double bag in the coolers.
- Clean cutting boards between each use.
- Be considerate of the cleaning crew while cooking. You're next on the duty roster.
- Clean the dishes with soap. Then sanitize, rinse off **all** the soap.
- Put utensils and pots back in the right places.
- **Keep dry items dry**, Don't place wet towels in with the dry goods.

WASH YOUR HANDS, again

ALWAYS SERVE FOOD ON CLEAN PLATTERS. Now, you are probably thinking -- 'I know that! Why are they saying that to me?' But think? Have you every taken raw meat to the barbecue on a plate and then put the cooked meat back on the same plate to serve? Don't do this unless you have washed the dish in between use. Raw meat has bacteria that will spread to the cooked meat.

IF IN DOUBT, THROW IT OUT! If you have any question in your mind about the freshness or safety of eating a food product, throw it in the garbage. It is better to be safe than sorry!

Cook all the Food. Leftover raw meats spoil faster than cooked meat.

Why is this more of a problem in camping?

Did you pack the refrigerator? Temperatures are harder to control in the out-of-doors. Too Hot or Too Cold is what the campers say, But not your food. Camping temperatures usually range in the ideal temperatures for bacteria growth. Also Bugs and Dirt are naturally at home at the campsite.

Salmonella and Food Safety

Chicken, turkey, pork, beef, and other meat and poultry products are important sources of protein and other nutrients. Unfortunately, these foods -- like eggs, raw milk, and all raw foods of animal origin -- may also carry salmonella and other bacteria. The good news is that these bacteria don't have to cause illness. Routine food safety can destroy salmonella and other bacteria.

Hamburger and any ground meat have increased surface area and an increased risk for contamination.

What is salmonella?

The salmonella family includes about 2,000 strains of bacteria, but only 10 strains cause most reported salmonella infections. Strains that may cause no symptoms in animals can make people sick, and vice versa. A salmonella bacterium is a one-celled organism that can't be seen, touched, or tasted. The bacteria are common in the intestinal tracts and waste of livestock, poultry, dogs, cats, rats, and other warm-blooded animals.

What is salmonellosis?
Salmonellosis, or a salmonella infection, is the illness that can occur if live salmonella bacteria enter the body -- usually through food. Most reported outbreaks of food-born illness are caused by bacteria, and salmonellosis is the most common bacterial food-borne illness. Salmonellosis is usually preventable.

How can salmonella bacteria on raw meat, poultry make people sick?
First, "food abuse" allows bacteria to survive and often to multiply. For example, if the meat knife is used to cut the salad lettuce without first being washed, the lettuce can be contaminated by any bacteria on the meat. The person who eats the salad then also eats the bacteria.

Next, if the bacteria survive the stomach acid, they reproduce themselves in the small intestine. One cell becomes two, two become four, four become sixteen and so on. When there are "enough" bacteria, they cause a salmonella infection.

How many bacteria does it take to make people sick?
There is no exact number, but the more bacteria consumed, the more likely a person is to get sick. Healthy adults have eaten food containing millions of bacteria without getting sick. Other people have gotten sick from as few as 10 bacteria in the food.

What are the symptoms of salmonellosis?
According to the Centers for Disease Control, stomach pain occurs within 6 to 48 hours after the food was eaten. Most people get diarrhea, and many people have upset stomachs, chills, fever or headache. Most people feel better within 3 to 5 days. Many persons with salmonellosis may believe they have the flu and may never see a doctor.

How many people get sick from salmonellosis?
At least 40,000 salmonella infections are reported every year, but experts believe that between 500,000 and 4 million persons each year actually contract salmonellosis.

How does the doctor know a person has salmonellosis?
The only way to tell for sure is to conduct laboratory test on the stools of the person who got sick, a process that takes several days.

How many people die from salmonellosis?
Salmonella infections can be life-threatening for the very young, the very old and for persons already weakened by other serious diseases, such as AIDS. Reports show about 2 deaths for every 1,000 known cases of salmonellosis, but experts believe that about 500 persons each year actually die form salmonella infections.

What foods are most likely to make people sick?
Foods don't make people sick -- bacteria do. Any raw food of animal origin -- meat, poultry, raw milk, fish, and shellfish -- may carry salmonellae. The bacteria can survive to cause illness if these specific foods are not thoroughly cooked. the bacteria can also cause illness if they contaminate any other food that comes in contact with the raw food, either directly or by way of dirty hands or dirty equipment. Salmonellosis is a world- wide, food-chain problem that can't be "blamed" on any one food.

Anti-Salmonella Strategy

Bacteria on raw foods of animal origin do not have to cause illness. Investigations of actual outbreaks reported to the Centers for Disease Control show that:

bacteria + food safety mistakes can = illness.

Errors during food shopping, transport, preparation, serving, or storage can enable bacteria to grow or even just survive. If foods are prepared a day or more ahead of time and food handlers make mistakes, the chance of illness can increase, because bacteria have more time to multiply. In outbreaks traced to bacteria or other organisms in meat or poultry, one or more of the following eight food handling mistakes enabled bacteria on raw products to survive and cause food-borne illness:

•Improper cooling •Improper hot storage of cooked foods •Undercooked •Cross-contamination of cooked foods by raw foods •Inadequate cleaning of equipment •Infected person touching cooked food •Eating raw meat or poultry •Inadequate reheating of cooked and chilled foods

Therefore, the key to preventing illness -- at home, in a restaurant, at a church picnic, anywhere -- is to destroy the bacteria. Below are some hints, based on information from actual outbreaks that can destroy or stop growth of salmonella bacteria and other bacteria that can cause illness.

CLEAN IT.
Salmonella bacteria can survive in water, soil, and on the kitchen counter, so sanitation can make a big difference -- especially in preventing bacteria that could be on raw products from contaminating other foods. (This is called cross-contamination.)

*** Wash your hands frequently with SOAP and water for at least 20 seconds** -- after you use the bathroom, before you start food preparation, before you start working with a new food or a new tool, when you finish food preparation, and before you serve food.

*** Prevent cross-contamination**. Never let raw meat and poultry, or their juices, come into contact with cooked meat or any other food -- raw or cooked.

*** If you use a dishcloth for cleaning kitchen surfaces, switch to a clean one after you work with raw meat or poultry**. Choose a type that will stand up to a laundering in how water and bleach. Otherwise, use paper towels and throw away after use.

*** Cut raw meat or poultry on an acrylic cutting board that is thoroughly cleaned** after each use. Use that favorite (but porous) wooden one only for cutting bread or vegetables.

*** Wash cutting boards, knives, counter, and other implements with detergent and hot water** immediately after you use them with raw meat and poultry.

*** After washing and rinsing equipment and counter, professional food service workers also sanitize and rinse them**. To sanitize implements after washing you can use a solution of 2 to 3 teaspoons household bleach in 1 quart of water, followed by a cold water rinse. (Note: Sanitizing doesn't work on dirty surfaces, so clean them first.)

*** Serve cooked meat and poultry on clean plates**. When you replenish the banquet, replenish the serving plates. Don't put grilled meat or poultry back on the plate with raw juices.

*** Keep pets and other animals away from food**, and away from cooking and eating surfaces and equipment. Squirrels and mice contaminate, as do insects.

COOK IT.
Salmonellae -- however many there are -- do not survive when beef or pork is cooked to an internal temperature of at least 160 degrees F, or when poultry is cooked to 185 degrees F. (Some experts believe that this country's passion for rare beef explains why beef -- which carries very low levels of salmonella bacteria -- is involved in more reported salmonellosis outbreaks than poultry.) Always cook meat and poultry thoroughly, and be just as careful when micro waving as when using traditional ovens.

*** Using a meat thermometer** to check "doneness." If meat is too thin for a thermometer, follow the recipe and cook till the juices are clear. Bloody hamburger is **not** done.

*** Never interrupt cooking** -- it's a "half-baked idea" that can make you sick. After thawing foods in the microwave, cook them immediately. If you didn’t bring that microwave, did you bring the solar cooker?

*** If reheating** leftovers, cover and reheat thoroughly to 165°F just in case bacteria survived in the food during refrigeration of freezing. Let sauces and gravies reach a rolling boil.

*** Don't store the latecomer's cooked meat and poultry dinner in an off or warm oven**. Hold the food above 140°F. (But, within 2 hours after cooking, refrigerate the food.) Most scouts are never late for food.

COOL IT.
Refrigeration and even freezing do not kill all salmonella or other bacteria, but proper cooling can usually prevent salmonellae from multiplying.

*** Refrigerate raw meat and poultry as soon as possible** after you take it out of the grocery meat case. Ice it down in the camp cooler

*** Refrigerate food containing cooked meat or poultry within 2 hours after cooking**. Not easy on a campout, so eat seconds. Don't be shy, eat some more.

*** Refrigerate or freeze cooked meat or poultry casseroles in covered shallow pans** rather than deep pots. Leave space around the containers to let cold air circulate.

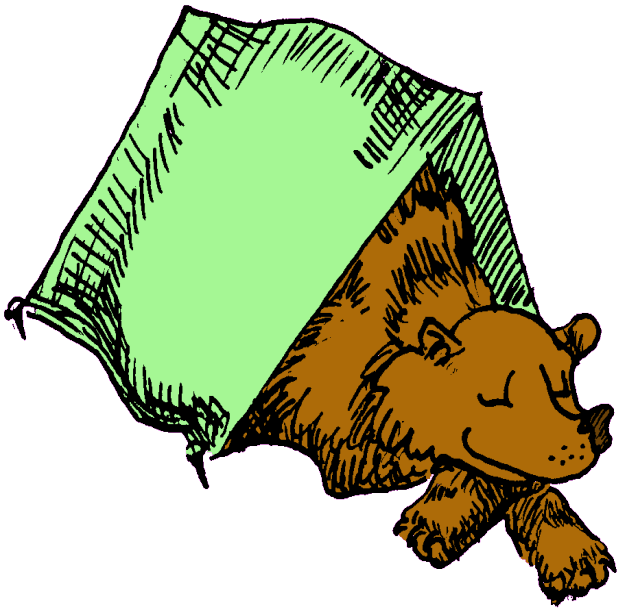
*** Never thaw frozen meat and poultry on the kitchen counter or camp table**. Thaw it in the refrigerator or, if you are in a hurry, in a bag under cold running water. It will thaw in a cooler.

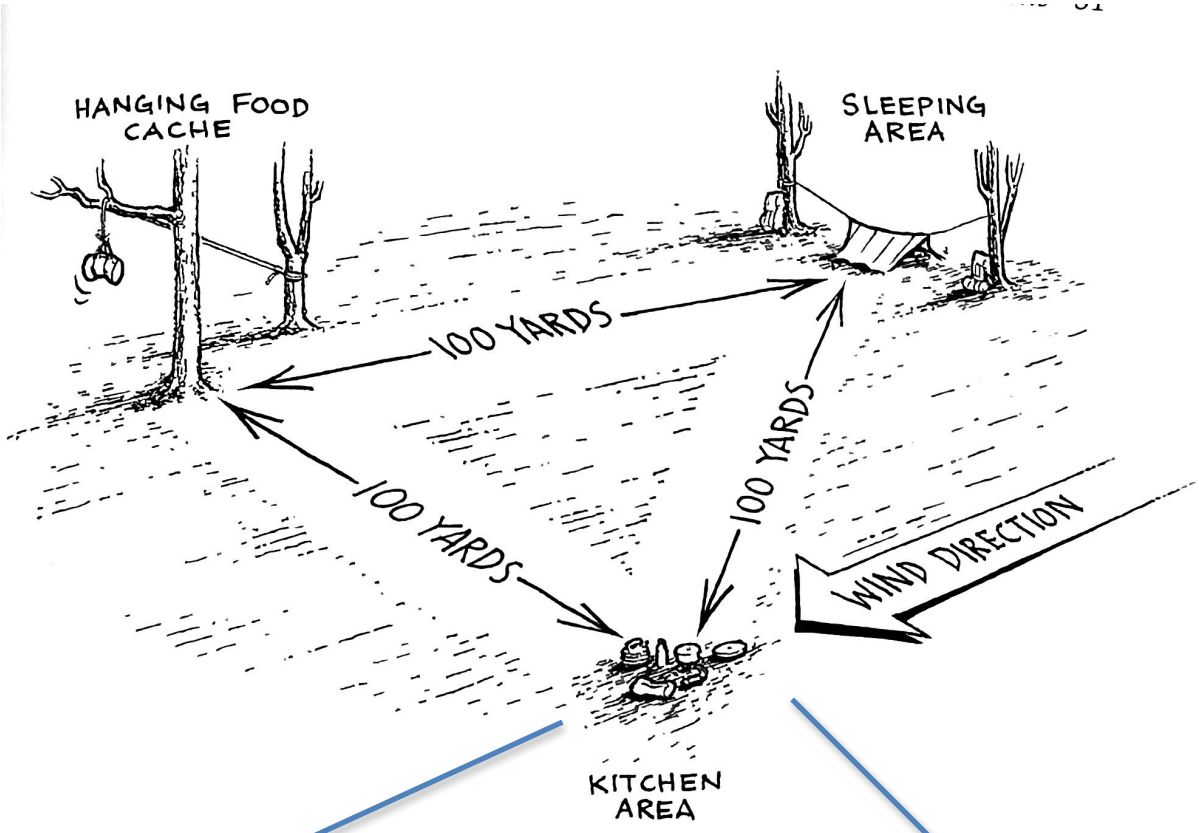
*** Remember that refrigeration or freezing cannot be counted on to kill many salmonella bacteria**. it can't "fix" a mistake such as leaving cooked turkey at room temperature for more than 2 hours -- it can only postpone the risk of illness. (when was your last campout at room temperature?) If in doubt, throw food out.

Do you have other questions about meat and poultry food safety or labeling?
Consumers: Call the toll free **Meat and Poultry Hotline at 1-800-535-4555**, 10 a.m. to 4 p.m., Eastern Standard Time

6 pages on Food Safety! Isn't that a bit too much?

You have not been sick 20 miles from the trail head with a troop of boys who are also sick, and who have used up all the PINK stuff. Now excuse me, I have to run….





Campsite layout for bear country

Sanitary area

Water Source 100 yards

FORMS

Following is a menu sheet for meal planning. Make copies for each campout and use for food shopping and after campout evaluation.

Menu Sheet

for _____ Scouts date: _____

Breakfast

	amount	**equipment**	**cost $**
Drink			
Bread Cereal Meat			

Lunch

	amount	**equipment**	**cost $**
Drink			
MEAL Bread Meat Veg			
Fruit Desert			

Dinner

	amount	**equipment**	**cost $**
Drink			
MEAL Grain Meat Veg			
Desert			
Fruit			

Snacks:

Shopping Lists

Once you have made a menu of the meals you plan to make, you need to make a shopping list. Start by listing the food items and the amount based on 1 Scout or group of Scouts. Then multiply by the number of campers. Keep Group items to a small size to reduce waste.

Here is an example of a shopping list from 1991

		number to buy	$$
Hot Chocolate	4x number of Scouts	_____	_____
Cookies	4x number of Scouts	_____	_____
White Bread	4x (slices)20-22/loaf	_____	_____
Jam	1 small jar per 8 Scouts	_____	_____
Eggs	4x number of Scouts	_____	_____
Cinnamon	1 small can per group	_____	_____
Sugar	1 pound per group	_____	_____
Oil	2 quart per group	_____	_____
Powdered sugar	1 pound per group	_____	_____
Applesauce	1 small can per 4 Scouts	_____	_____
Cinnamon red hots	1 small package 4 oz.	_____	_____
Macaroni and Cheese	1 box per 2 Scouts	_____	_____
Chunky Ham	1 can per 4 Scouts	_____	_____
Milk	1 quart (group) powdered OK	_____	_____
Lettuce	1 small head per 4 Scouts	_____	_____
French dressing	1 small bottle per 8 Scouts	_____	_____
Koolade	3-4 quarts per Scout	_____	_____
Hamburger	1 pound per 3 Scouts	_____	_____
Pork and Beans	1 medium can per 3 Scouts	_____	_____
Brown Sugar	1 pound (group)	_____	_____
Onions	3-4 medium (group)	_____	_____
Pita Bread	2x number of Scouts	_____	_____
Watermelon	1 large (group)	_____	_____
Canned Biscuits	1/2 (5) can per Scout	_____	_____
Spiced Apple Cider packets	2x number of Scouts	_____	_____
Instant Oatmeal	1 1/2 serving per Scout	_____	_____
Syrup	1 small bottle (group)	_____	_____
Tomato Juice	8 oz per Scout	_____	_____

Plan your budget as well. Use Coupons and leftover stock from last camp out. No one likes to dig deep at the checkout line.

SHOPPING GUIDE

Food	Weights/Approximate Measurement	Approximate Servings
Beverage		
Coffee singles	3.5 ounces	19 coffee bags
Hot chocolate	12 ounces	1 serving
KoolAid	1 package	8 servings
Soft drink	12 ounces	1 serving
Tea	3.5 ounces	16 tea bags
Bread		
1 loaf	1 pound	20 to 22 slices
corn muffin mix	7 oz.	6 muffins
Cereal	Ready to eat	
Flaked	18 ounces / 18 to 20 cups	18 to 20 1 cup servings
Puffed	18 ounces/ 32 to 36 cups	26 1 1/2cup servings
Cooked:		
Oatmeal	18 ounces / 6 cups (1 cup uncooked = 1 2/3 cooked)	12 to 14 3/4cup servings
Rice	2 oz. / 1 cup	2 servings
Minute	4.5 oz. / 1 cup	2 servings
Crackers		
Graham	1 pound / 65 crackers	32 to 35 2cracker servings
Saltine	1 pound / 130 squares	32 4cracker servings
Dairy Products		
Cheddar Cheese	1 pound / 12 to 16 slices 4 cups grated	6 to 8 sandwiches (2 slices each)
Cottage cheese	1 pound / 2 cups	6 to 8 1/2cup servings
Milk:	1 can milk+ 1 can water = whole milk	
Evaporated	14 1/2 ounces / 1 2/3 cups	Equivalent to 3 1/3 cups milk
Whole	1 quart / 4 cups	4 servings
Nonfat dry	1 pound / 5 quarts	20 servings
Fats		
Butter or margarine	1 pound / 2 cups	48 pats
Shortening	1 pound / 2 1/2 cups 3 pounds / 7 1/2 cups	
Salad oil	1 pint / 2 cups	
Flour		
Allpurpose	1 pound / 4 cups	
Whole wheat	1 pound / 3 1/2 cups	
Fruit Juices		
Frozen concentrated	6 ounces / 3 cups	6 1/2cup servings
Canned	46 ounces / 5 3/4 cups	11 to 12 1/2cup servings
Fruits Fresh		
Apples	1 pound / 3 medium	3
Bananas	1 pound / 3 medium	3
Grapefruit	1 pound / 2 medium	2
Oranges	1 pound / 2 medium	2 (1 orange = 1/3 cup juice)
Pineapple	2 pound / 1 medium	6 to 8

SHOPPING GUIDE

Food	Weights/Approximate Measurement	Approximate Servings
Meats		
Bacon	1 pound / 20 to 24 slices10 to 12	2slice servings
Hamburger	1 pound / 2 cups	4 to 5
General guide:	1/4 pound per serving	
Boneless meat	1 pound	4
Smallboned meat	1 pound	3
Largeboned meat	1 pound	2
Chicken ,whole	2 1/2 to 3 1/2 pounds	4
Ham	1 pound	4 to 6
Fish	1 pound	2
Pasta		
Macaroni	1 pound / 4 cups uncooked	
	8 cups cooked	14 to 16 1/2cup servings
Noodles	1 pound / 6 cups uncooked	
	8 cups cooked	14 to 16 1/2cup servings
Spaghetti	1 pound / 4 cups uncooked	
	8 cups cooked	14 to 16 1/2cup servings
Sugar		
Brown	1 pound / 2 1/4 cups packed	
Granulated	1 pound / 2 1/4 cups	
Confectioners	1 pound / 4 cups	
Syrup		
Corn syrup	1 pint / 2 cups	
Honey	1 pound / 1 1/4 cups	20 1 tablespoon servings
Molasses	1 pint / 2 cups	16 2 tablespoon servings
Pancake	1 pint / 2 cups	16 2 tablespoon servings
Legumes Dried		
All kinds	1 pound / 2 cups uncooked	
	6 cups cooked	6 1 cup servings
Vegetables Fresh		
Beans	1 pound / 3 cups	5 to 6 1/2cup servings
Broccoli	1 pound	3 to 4 1/2cup servings
Cabbage Raw	2pound head / 18 to 24 leaves	14 1/2cup servings
Cooked	2 pounds	8 1/2cup servings
Carrots	3 mature / 2 1/2 cups	5 1/2cup servings
Cauliflower	1 pound / 1 1/2 cups	3 1/2cup servings
Lettuce	1 pound / 1 large head	8 to 1 0
Onions	3 large; 4 to 5 medium / 2 1/2 to 3 cups	
Potatoes	1 pound /3 medium	3
instant “buds”	13.75 oz / 7 2/3 cups	17 servings
Tomatoes	1 pound / 3 to 4	5 to 8
Miscellaneous		
Marshmallows	1 pound / 64	
Peanut butter	18 ounces / 2 cups	8 to 10 2tablespoon servings
Potato chips	1 pound	16
Walnuts	1 pound / 4 to 4 1/2 cups	8 1/2cup servings

Kitchen accessories **mostly shared between Scouts as patrol gear**

water proof matches:	with their safety striker box
Match safe:	water proof with strike anywhere wooden matches
camp stove lighter:	Again with the fire.
fire starter, fire ribbon, primer:	for starting cranky stoves
tinder:	for starting cranky fires
fuel bottles / containers:	for fuel only, not for anything else.
funnel:	for pouring fuel into itty bitty stove tank openings
pouring cap:	for pouring fuel into itty bitty stove tank openings
pliers:	for fixing cranky stoves
bandanna:	for holding hot pots when you forget your gloves
Pot grippers:	for holding hot, hot pots when you forget bandanna
grid /grate:	for holding pots higher over the burner or coals.
Spring Steel Handle:	Hand made for when you forgot the pot grippers, pliers, and bandanna
splatter shield / wind shield:	the wind is always blowing
2'x3' plastic 6 mil sheet:	Clean area to put things down on and catch spills *"Don't put Hot stuff on Plastic"*
nylon spatula:	for frying on Non-Stick surfaces
whisk:	for mixing batters and puddings; not on Non-Stick pans
aluminum foil:	several sheets for cooking, wind screens
handy-wipes:	for drying dishes, reusable
scouring pad / sponge:	clean up, use plastic scrubbie for Teflon
SOS	Metal scouring pads only for Non-Teflon surfaces, not for DO
pine cone	for when you forgot the scouring pad
Soap:	small bottle biodegradable dish soap, in a zip bag.
trash bags:	several for bag in bags
"spice rack":	collection of spices in small bottles or film containers, salt, pepper, garlic powder, onion flakes, bell pepper flakes, cinnamon, Italian seasoning, etc.
Butter Buds:	Seasonings, not for frying
Cooking oil:	In a small plastic bottle and in another zip bag
Small can opener:	better than the one on your knife.
ZIP bags	for all kinds of things, wet and dry, all sizes.

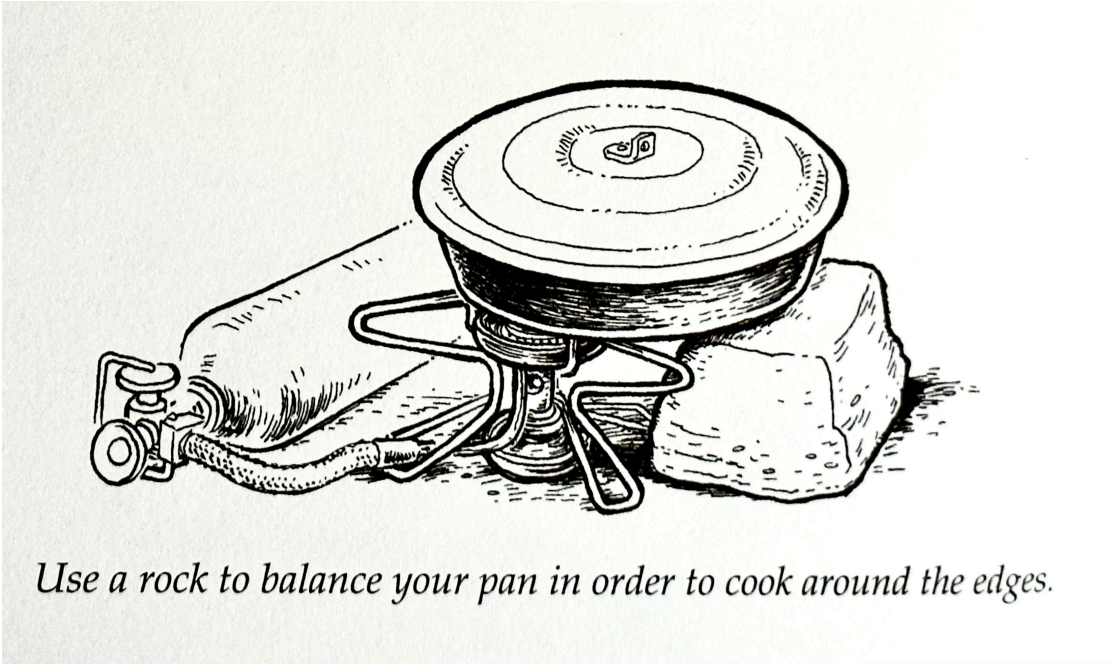
Types of Cooking

1. **Sauté** Sauteing is performed over a burner in a hot, shallow pan and uses a small amount of oil or fat to coat food for even browning. This method cooks foods very quickly so it's best to keep the food moving by tossing or flipping.
2. **Simmering** is also a gentle method of cooking foods but uses higher temperatures than poaching, usually between 180 degrees and 205 degrees Fahrenheit. This temperature range lies below the boiling point and produces tiny bubbles. To achieve a simmer, first bring water to the boiling point and then lower the temperature.
3. **Poaching** 140-180 F Poaching is a gentle method of cooking in which foods are submerged in hot liquid between 140 degrees and 180 degrees Fahrenheit.
4. **Boiling** 212 F This cooking technique involves submerging food in water that has been heated to the boiling point of 212 degrees Fahrenheit.
5. **Steaming** 212+ In steaming, water is boiled continuously to produce a steady amount of steam. The steam surrounds foods and cooks evenly while retaining moisture.
6. **Stewing** The key difference between stewing and braising is that foods are completely submerged in hot liquid while stewing instead of being partially submerged.
7. **Braising** During braising, foods are first seared in a hot oiled pan then transferred to a larger pot to cook in hot liquid. The foods are only partially submerged in simmering water, broth, or stock. Using low heat, the foods soften over an extended cook time and the liquid becomes reduced with intensified flavors
8. **Roasting (Pot Roast, Oven Roast) Dutch Oven** Roasting is performed inside an oven and uses indirect heat that cooks from all sides for even browning. This method of cooking works more slowly, coaxing flavors out of meats and vegetables. Roasting can be performed at very low temperatures between 200 degrees and 350 degrees Fahrenheit for tougher cuts of meat, or higher temperatures up to 450 degrees Fahrenheit for more tender cuts.
9. **Baking (Dutch Oven)**300-400 F Baking and roasting both use indirect heat to surround foods and cook from all sides.
10. **Grilling** direct heat is similar to broiling, in that it uses radiant heat to cook foods quickly. Most commonly, grilling equipment will feature an open grate with a heat source located beneath the food. Flipping is required to cook foods on both sides and grill marks from the hot grate or rack are desirable.
11. **Frying (Deep & Shallow**) Deep frying is the dry heat cooking method which involves using enough fat or oil to submerge the food you are cooking. This technique is usually done between 325 F and 400 F. Shallow-Frying This is a dry method of cooking. Foods to be shallowly fried are cooked in a small amount of fat or oil the level of fat can be anywhere from halfway up the side of food.
12. **Microwave** unusual for camping; but never say never

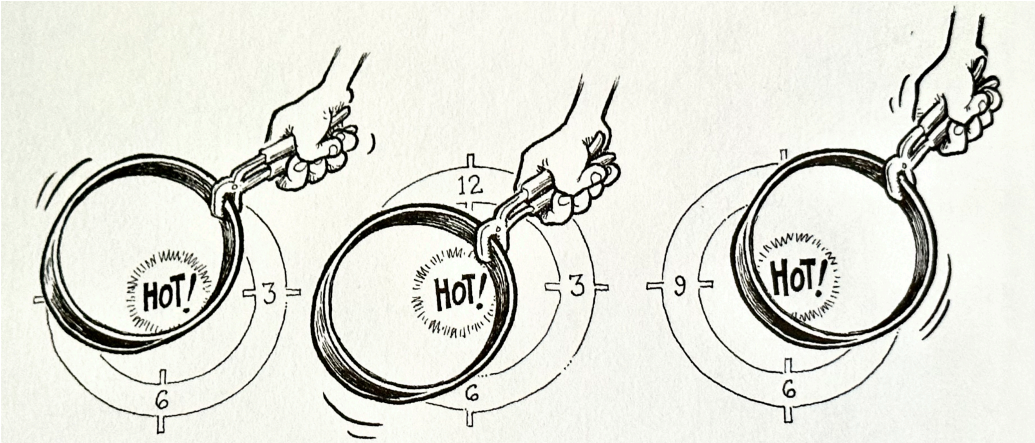
The amount of heat and the amount of time are 2 important factors in cooking. Learn to control the flame on your stove and your campfire or charcoal.

COAL-TEMPERATURE CONVERSION CHART

Dutch Oven Diameter		Oven Temperature 325°F	350°F	375°F	400°F	425°F	450°F
8"	Total Briquettes	15	16	17	18	19	20
	On Lid	10	11	11	12	13	14
	Underneath Oven	5	5	6	6	6	6
10"	Total Briquettes	19	21	23	25	27	29
	On Lid	13	14	16	17	18	19
	Underneath Oven	6	7	7	8	9	10
12"	Total Briquettes	23	25	27	29	31	33
	On Lid	16	17	18	19	21	22
	Underneath Oven	7	8	9	10	10	11
14"	Total Briquettes	30	32	34	36	38	40
	On Lid	20	21	22	24	25	26
	Underneath Oven	10	11	12	12	13	14
16"	Total Briquettes	37	39	41	43	45	47
	On Lid	25	26	27	28	29	30
	Underneath Oven	12	13	14	15	16	17



Use a rock to balance your pan in order to cook around the edges.



The round the clock cooking technique

Prevent burned hot spots on a single burner stove

Breakfast Anyone?

These recipes have been gathered from many places and box labels.
Read the preparation directions twice before beginning.

Aluminum Eggs *Ed Bailey*
FOIL

1 Sausage Patty
1 handful Hash Brown Potatoes
1 dash water
1 Egg
salt, pepper, spices

Wrapped in double foil pack and placed on coals for 10-15 min. If it burns, cut down the time.

Mineshaft Pig *Ed Bailey*
FOIL

1 potato
1 sausage link
aluminum foil

Core a tunnel in a potato with an apple corer, then stuff the tunnel with a sausage link. Wrap in foil and bake on coals, or in oven for about 45 min.

The Better Bator - Wanza Batter *Lou Bator*
SKILLET

2 cups flour
4 tsp. baking powder
1 stick melted margarine
1 cup buttermilk
2 eggs (minus shells)

Mix above ingredients then add regular Homogenized milk 'till batter is right consistency. One half measures of above works as well. GRRREAT Pancakes !!!!

Worm in the Apple *Canadian Scouts*
FOIL

1 Apple
1 sausage link
aluminum foil

Core an apple, stuff with sausage link, wrap in foil, cook until soft (~40 min.) Canadian Scouts..

Ants in the Oatmeal *Dick Ross*
ONEPOT

Regular oatmeal (not instant) with brown sugar, raisins & nuts, canned fruit

Cream of Freebies *Michael Vesely*
ONEPOT

1/2 cup boiling water,
1/2 cup Cream of Wheat
and freebies
Add freebies from the breakfast menu's of those fine restaurants: Grape Jelly and Strawberry Jam from McDonald, Honey from KFC or Burger King, Sugar packets...

Spamble Eggs *Michael Vesely*
SKILLET

1 can (7 oz) SPAM
12 eggs
1/2 cup Sanalac instant milk
2 Tbl. dried onions
2 Tbl. dried green pepper

Dice the SPAM and fry in large pan. Crack and stir the eggs and milk with a whisk in a large bowl. Leave the egg shells out. Hydrate the dried onion and peppers, then add to the SPAM. Fold the eggs over the SPAM and spamble them. Serve to 6 Scouts

Kansas Fly Pie Ed Bailey
ONEPOT

1 lb. cornmeal
2 qt. water
1 tsp. salt
1/4 - 1/2 cup raisins
beaten eggs
syrup, honey, or jam
You may want to start this at home..
Put 2 quarts of water into a pot, make sure the pot can hold 4 qt. Add 1 teaspoon salt; bring to boil; pour cornmeal into the water a handful at a time (about 1 lb.) stirring constantly until the mush gets thick. Cover and simmer slowly for 20 min. Stirring often; add raisins; mix well; poor into greased bread pans (2) and let cool until congealed. Slice loaf into 1/2 inch thick slices; dip in beaten eggs; then fry, hot and browned. Serve with syrup, honey, or jam.

Sam's Bullfighter Breakfast Ed Bailey
ONEPOT

1 lb. cornmeal
2 qt. water
syrup, honey, or jam
1 tsp. salt
1 pound of cooked, crumbled sausage
beaten eggs
1 small can of diced chilies (mild or hot)
Same as the Kansas Fly Pie, however, you skip the raisins. Instead, add 1 pound of cooked, crumbled sausage and 1 small can of diced chilies (mild or hot). Mix well: follow cooking directions of Kansas Fly Pie. Serve with Salsa.

New Mexico Omelet Philmont Training Center
SKILLET

Eggs
ground sausage
green pepper
onion
cheese
Sauté onions and green pepper and brown the ground sausage. Break the eggs into the mixture and scramble. add cheese last, melt and serve.

Egg in the Nest
Big Bird
SKILLET & Griddle

1 piece bread,
1 egg,
1 Tbs. bacon grease or shortening
On low heat, melt grease in fry pan. Cut a hole in center of bread for the egg. Butter both sides of the bread. Place bread in fry pan. Break egg over hole of bread and pour out egg. Fry egg and bread, Flip once and serve. Season to taste

Scramble Pancakes Dege Dorscy
SKILLET

1 box Pancake Mix (complete)
Milk or water as needed
Oil

Mix the batter in a zip-lock bag or in a bowl. Add oil to the fry pan and heat. Spoon in the batter and wait until bubbles form in the batter. It is ready to turn. But to show your skill you scramble the batter instead. Scoop onto plates and serve with syrup. Keep the lights low, so no one can see the burnt offerings. Serve to 6 Scouts

Scramble Pancakes II Troop 404
SKILLET

1 box Pancake Mix (complete)
Milk or water as needed
Oil
6 eggs (shells removed)
2 cooks

Mix the batter in a zip-lock bag or in a bowl. Add oil to the fry pan and heat.
Second cook mixes the eggs and some milk in a separate bowl or zip-lock bag. Then the fun begins.
Cook #1 spoon/pours in the batter into a ring and wait until bubbles form in the batter. Cook #2 pours the eggs into the center of the batter ring. As the eggs harden and the batter forms bubbles. It is ready to turn. You can show your skill or scramble the mixture instead if the cooks argue over who is doing what. The original recipe is due to 2 cooks trying to use the same fry pan, at the same time.
Scoop onto plates and serve with syrup. Keep the lights low, so no one can see the burnt offerings. Serve to 6 Scouts

Maple-Flavored Syrup
by McCormick

homemade Maple-Flavored Syrup on pancakes, waffles or French toast.
Makes 1 2/3 cups or about 7 (1/4-cup) servings.
Prep Time: 5 minutes

1 1/2 cups light corn syrup
1/4 cup packed brown sugar
2 tablespoons water
1 teaspoon McCormick® Imitation Maple Flavor
1 teaspoon McCormick® Pure Vanilla Extract

1. Mix corn syrup, sugar and water in medium saucepan. Stirring constantly, bring to boil on medium heat and boil 2 minutes.
2. Stir in maple flavor and vanilla.

Nutrition Information per 1 serving

Calories: 256	Sodium: 88 mg
Fat: 0 g	Carbohydrates: 64 g
Cholesterol: 0 mg	Fiber: 0 g
Protein: 0 g	

Crescent Rolls on a Stick
Old Standby
STICK

1 tube of refrigerated Crescent rolls
Butter or margarine
Jam, jelly or honey

Using a thick green stick about 1 inch in diameter, wrap the dough for a crescent roll spiral fashion around the tip of the stick. Leave space with the spiral for the heat to reach all of the dough. Press the ends of the dough to the stick to stick to the stick..... Hold the stick over coals for 15-20 min., turning frequently as you salivate. When golden brown, slip the roll of the stick and spread with butter, jam, jelly, or honey. plan for 1-3 rolls per Scout.

Breakfast Cake
Bisquick
SKILLETS

8 oz. blueberries or other fruit
2 cups Bisquick Mix
1/4 cup powdered milk
2 Tbs. sugar
dash of cinnamon
water

Heat fruit in large pan. Mix dry ingredients with enough water to make a thick batter. Drop large spoonfuls of batter onto fruit. If you pour, the batter will push the fruit to the sides. Cover and cook until batter becomes a cake.

Ranch House Potatoes
SKILLETS

1/2 bag small potatoes,
1 dozen eggs,
1 pound sausage or bacon

On the afternoon before leaving, wash potatoes with water, piercing skins with knife. Microwave until almost cooked. Place in refrigerator/ice chest until ready to make recipe.

(Flat non-stick griddle)

Fry sausage/bacon, then drain well. Break bacon or any large sausage pieces into bits.

(Large non-stick skillet)
Slice potatoes thin (less than 1/4 inch). Use left over grease from meat to fry potatoes in, breaking large pieces. Turn potatoes to brown well. Add meat.
Break eggs on top of potato/meat mixture, and stir to cook eggs. **Serve immediately to 8 hungry persons.**

Hash Tortillas
Dick Ross
SKILLET

Tortillas
1/2 package dehydrated hash brown potatoes
Butter
1/2 summer sausage (beef stick)
canned fruit

Fix the hash brown potatoes according to directions, when almost done add slices of sausage. Wrap in tortillas. Fruit for a nosh.

Baked Apple Granola
Foil

1 large firm apple
3 Tbsp. granola cereal
1 tsp. butter
1 tsp. brown sugar
Dash cinnamon

Core apple, leave bottom. Add mixed ingredients and stuff in apple. Wrap in double thickness of aluminum foil. Place on medium hot coals for 20 minutes. Serve warm for breakfast.

Eggs MacSanches
ONEPOT

2 eggs
bacon bits, or crumbled bacon
onion flakes
Flour tortillas
1 slice cheese or shredded cheese
salsa sauce
1 Quart Freezer Zip type bag.

The heavy freezer bags are needed, not the regular.
In the freezer bag place the eggs - minus the shells. Add the bacon, salsa, and onion. Add a little water or milk ~1/8 cup or 2 Tablespoons. Zip up tight and mix the eggs and ingredients by fingering vigorously. Scramble in the bag. Place the bag in a boiling pot of water and cook until done. Remove from pot, if no leaks, use the water for hot chocolate or clean-up. Scoop the eggs on the flour tortillas and add some cheese, fold and eat. Makes a filling for about 2 tortillas.

Termite Pie
Ed Bailey
SKILLET

1 box cake mix
2 quart zip lock bag
1 cup raisins
2 T. vegetable oil

Need a sweet item for breakfast or night time snack? Mix a cake mix in a zip lock bag following directions on box, BUT use only 1/2 the suggested water. Add 1 cup of raisins (termites). Oil a

small skillet or mess kit. Pour in 1 cup of cake mix for a mess kit, 2 cups for a small skillet. Cover pan; fry slowly, very slowly; flipping the pie when the top of the pie starts to set (dry out). Cook a few more minutes and then count the termites as you eat.

Vienna Toast
SKILLET

2 slices bread
Jam
2 eggs
1 tsp. sugar
1/4 cup milk
cinnamon
powder sugar

Make a Jam sandwich. Beat 2 eggs per person (4 pieces of toast). Add a little sugar, cinnamon, milk, and water. Dip sandwich in egg mixture, fry like French toast. Dip fried sandwich in powder sugar.

Scotch Eggs
SKILLET

English muffin
1 egg
butter or margarine

Cut silver dollar size hole in an English Muffin. Butter both sides. Place on griddle. place egg in hole. Fry both sides, slowly until cooked.

Real Scotch Eggs
Anne of Palfreyman
SKILLET

Hard boiled egg
ground sausage
bread crumbs

Take a Hard Boiled Egg and mold a shell of ground sausage around the egg, roll in bread crumbs and Bake 25-30 minutes in a reflector oven or Dutch oven. Rotate as needed.

Dick's Hash
Dick Ross
SKILLET

2 potatoes
1 can chunk Ham
1 egg
Shortening/margarine

Pre-cook 2 potatoes, skins on. Wrap in foil for trip. At camp: melt shortening in fry pan and slice the potato for frying. After browning add chunk ham and egg. Cook until egg is done. Salt and pepper to taste. Alternate: use dried hash brown potatoes on long trips

True Grits
A. J. Anonymous
ONEPOT

1/2 cup Instant Grits
1 T. Bacon Bits
dash Molly McButter

Boil Water, add grits, Bacon Bits, Molly McButter.... eat with an attitude.
Add cheese or cooked egg as well.

Granola to Go
Fred Wisenheimer
ONEPOT

Place the contents of a box of Granola into a zip-lock type plastic bag. Leave the box at home. Mix instant Milk with cold mountain water the night before and chill in a cold, bubbling mountain stream. Add the cold milk to the Granola the next morning, top with cinnamon sugar and eat.

Sure Syrup
I. B. Sure
ONEPOT

1 cup packed brown sugar
1/2 cup water
1 Tbs. margarine

Mix and simmer until sugar dissolves. Watch it. Don't Burn it.
variations: use apple juice instead of water, Maple flavoring, 1/2 tsp. cinnamon, or Heat together Karo Syrup and Jam.

Home Made Instant Oatmeal
From THE WELL-FED BACKPACKER
CUP

1 cup quick oatmeal
1/3 cup instant dry milk
1/4 tsp. cinnamon
handful wheat bran
1 tbsp. chopped nuts
1/4 cup chopped dried fruit

At home: grind 1/3 cup oatmeal in a blender, until powdered. Mix everything together and devide into 3 bags. On the Trail. Place serving in a cup and add boiling water. serves 3.

"yummy hot breakfast" Posted: Karen

I found a hot grain cereal, which keeps my energy up for hours. I mix dried fruit and a little brown sugar with couscous and keep it sealed in a zipped bag. In the morning, I make up some instant powdered milk and heat about one cup over my camp stove. When the milk is just at the point of boiling, I stir in about 1/3 cup of the couscous, cover it and let it sit for about 5 minutes. It expands and becomes porridge-like. It's warm, delicious, and worth the extra trouble to make.

Chunky Applesause
5 lb cooking apples
1 cup water
1 1/2 cup sugar

Peal, core, and cut apples into large chunks. Place in large pan with lid. Add water and sugar, mix well. Cook over medium heat for 5 minutes. Add water if necessary, check and cook for 5 more minutes with the lid off. or until apples are tender. Add cinnamon to taste if wanted.

Eggs R US
Andrew Frambach

2 eggs
1 tbl. margerine
1/2 tsp Dillweed
1/4 tsp Italian seasoning

1/4 tsp. Celery Seed
1 slice ham
1 slice bacon
3 Tbs. milk

Dice the ham and slice the bacon into small pieces. Put 1 Tbs. margarine into a pan and melt over medium heat. When butter melts, spread it out along the pan and add bacon and ham. Cook for about 10 minutes or until crisp. Don't forget it. Meanwhile, Put the rest of the ingredients into a bowl, without the egg shells. Beat well with a whisk. When the bacon and ham are crisp, add the egg batter to the pan and frequently stir, breaking up the eggs, until the eggs are scrambled.
Serves 1.

Scrambled Egg Variations

Mix with a fork: or mix in ZIP lock Bag, zip tight and mash with fingers or shake it up
4 eggs
2 tbls. Dry Milk
4 tbls. water
1/2 tsp. Salt, dash of pepper
Add one of the following:
4 Tbls. Shredded Chedder, Jack, or Swiss cheese
4 Tbls. Rehydrated mushroom pieces
1 Tbls. Crushed dry parsley or celery leaves
1 Tbls. Bacon bar (Wilson's) or BACOS
3 Tbls. Rinsed shredded dried beef
1/2 tsp. Chili powder
1 Tbls. Dried tomato slices, crushed

Hush Puppies Mix
SKILLET

2 cups yellow corn meal
1 cup flour
4 tsp. Baking powder
2 tsp. salt
3 Tbls. Sugar
1/4 cup dry onion flakes
3-4 Tbls. Dry egg powder

At camp. Measure out one cup of the mixture. Add just enough water to make a thick dough. Drop by spoonful on a well-greased (very generously) hot skillet. Turn to brown both sides
3 meals worth.

CINNAMON FRENCH TOAST
Pierre DeFeet
***SKILLET & Griddle** TOAST*

1 loaf white sandwich bread
1 1/4 cups milk
12 eggs, beaten (minus shells)
1 Tbs. sugar from home
1 Tbs. cinnamon from home

In a medium pot, whisk together eggs, milk, cinnamon, and sugar. Heat griddle, keeping well greased. Dip each slice bread in egg mixture. Pat each side to coat well. Fry on griddle until each side is golden brown. Serve with powdered sugar or syrup.
serves 1 patrol

BREAKFAST BURRITOS
InterNet
Categories: Cheese/eggs, Main dish, Breakfast
Yield: 3 Servings

1/2 lb. Ground Beef
1/2 tsp. Ground cumin
1 sm. Onion chopped
2 cups Potato Par boiled diced
1/2 sm. Green bell pepper
4 Eggs
1/2 tsp. Salt
9 Flour tortillas
1 tsp. Ground black pepper
1/2 cup Shredded cheddar cheese

Brown the ground beef with the onions. Drain the fat, then add the spices and diced potatoes. Whisk the eggs and milk slightly. Add to beef/potato mixture over a medium high. Mix together as in scrambled eggs. Warm flour tortillas on a hot griddle. Put egg/beef mixture on warmed tortilla and sprinkle with shredded cheddar cheese. Fold the tortilla making a burrito. Serve with salsa of your choice.

BREAKFAST CASSEROLE
InterNet
Yield: 6 Servings

8 lg. Eggs
2 lb. Sausage, bulk
2 1/2 cup Milk
1/2 lb. Mushrooms, fresh
3 cup Bread cubes
1 lb. Cheddar, grated-(see note)
1 tsp Mustard, dry -(or more to taste)

Brown the sausage in a frying pan; drain off excess fat. Set aside.

In a large bowl, beat the eggs. Add milk, mustard and bread cubes. If you like salty dishes, add a teaspoon of salt. Wait a few minutes for the bread cubes to absorb the milk and eggs. Stir in 80 percent of the grated cheese. Add the cooked and drained sausage. Mix well. Pour into a casserole dish of the size that you would use to make lasagna (about 9 x 13 inches).

Slice the mushrooms and arrange the slices on top of the casserole. Sprinkle the remaining 20 percent of the cheese over the top of the mushrooms. Bake for 45 minutes at 350 degrees F. Let cool 10 minutes before serving.

NOTES:

* You can cut up your own bread for the bread cubes, or else buy a package of commercial poultry stuffing. Try to get unflavored bread cubes if you buy them.

* For the sausage, try Spanish chorizo, English Cumberland sausage, or American pork whole-hog sausage. I usually use a mixture of beef chorizo and Jimmy Dean pork sausage. Any spicy pork- or beef-based sausage will work.

* For the cheese, the best bet is Canadian sharp white cheddar. You can substitute any cheddar, or Leicester, or Cantal, or for that matter anything you want. I've never tried it with Swiss cheeses.

SAUSAGE, CHEESE, AND EGG CASSEROLE
InterNet
Dutch Oven

Yield: 6 Servings

12 cup Herb seasoned croutons
1/2 tsp Salt
2 cup Grated sharp cheddar cheese
1 Dash of pepper
1 1/2 lb. Mild bulk sausage
1 can Cream of mushroom soup
2 1/2 cup Milk
1/2 cup Milk
3/4 tsp Dry mustard
4 Eggs

Place croutons on bottom of greased casserole, top with 1 1/2 cups of cheese. Brown and drain sausage, put on top of cheese. Beat eggs with milk and seasonings, pour over top. Refrigerate overnight. Next Day: Dilute soup with 1/2 cup milk. Pour over and spread remaining 1/2 cup of cheese on top. Bake at 300 F. for 1 1/2 hours.

WESTERN FRITTATA

Serving Size : 8

Amount	Measure	Ingredient -- Preparation Method
1	**lb**	**Ground turkey**
2	**ts**	**Minced garlic**
2	**ts**	**Oil**
1 1/4	**ts**	**Salt**
1	**t**	**Cumin**
3/4	**ts**	**Dried sage leaves**
3/4	**ts**	**Dried thyme leaves**
1/2	**ts**	**Pepper**
1	**pk**	**American Mixtures Western style frozen potatoes, green beans, onions and red peppers, thawed (16 oz)**
8		**Eggs, slightly beaten**
1	**can**	**Sliced mushrooms, well drained (4 1/2 oz)**
4	**oz**	**Shredded, reduced-fat Cheddar or mozzarella cheese**

In 12" nonstick skillet over medium-high heat, brown turkey and garlic in oil, 10-12 minutes, stirring frequently; drain. Add salt, cumin, sage, thyme, pepper and vegetables; mix well. Reduce heat to low; pour eggs over vegetable mixture in skillet. Cover; cook 15-20 minutes. While cooking, as edges set, run spatula around edge of skillet and lift vegetable mixture to allow

uncooked eggs to flow to bottom of skillet. Cook until eggs are set. Sprinkle with mushrooms and cheese. Cover; cook 3 minutes or until cheese begins to melt. Loosen edges of frittata; slide onto large serving plate. Cut into wedges.

HAM FRITTATA

Serving Size : 4

Amount	Measure	Ingredient -- Preparation Method
8	**oz**	**Egg Substitute**
1/2	**c**	**Lean Ham**
1	**tb**	**Dijon Mustard**
1	**t**	**Parsley Flakes**
1	**t**	**Black Pepper**
1	**c**	**Potatoes -- cubed**
1/4	**c**	**Sliced Mushrooms**
2	**tb**	**Green Pepper -- chopped**

Preheat broiler. In bowl, combine egg product, ham, mustard, parsley and black pepper. Set aside. Preheat skillet, sprayed with vegetable oil spray, over medium heat. Saute potatoes, mushrooms and green pepper until tender, stirring occasionally. Pour egg product mixture over vegetables. Cook four to five minutes or until bottom of skillet is set. Place skillet in broiler 6 inches from heat. Broil four or five minutes or until lightly browned. Calories 84 Fat 2g
This recipe is from the Houston Post - Janice Schindeler.

Read the preparation directions twice before beginning.

Trail Meals:

Trail foods should be quick or no-cook foods for a fast, sit and eat or eat while walking meal. Here are a couple of tables for pick and mix meals. Pick and bag for each meal or keep in a large bag for the trail. Remember that what you don't eat the first couple of days will be left for the last. If you plan for 7 days, don't eat it all the first three.

Note: You should have **clean hands** to eat Trail foods and Mixes by hand. Shared food bags should have **clean hands**. If you work outside, your hands will pick up contaminates left by animals. ***From animals -- to dirt -- to your hands -- to your trail mix -- to your mouth or your friends. "Please pass me the Pink Stuff."*** Try a wide mouth (no pun) container to pour the mix into your mouth without touching the mix with your hand.

Trail Breakfast

Mix and Match: Pick one from each category.

dairy	meat	grain	fruit	fun
hard cheese	jerky	bagel	dried apples	trail mix
cheese spread	bacon bar	crackers	banana chips	choc. granola
string cheese	hard salami	melba toast	fruit bits	nuts
	meat sticks	graham cracker	fruit leathers	sunflower seeds
drinks		oatmeal, instant	raisins	pumpkin seeds
water		grits, instant	orange	
Tang	peanut butter	cream of wheat	cranasins	
tea	powder eggs	pilot bread		
powder mixes	eggbeaters	cereal mixes		
hot chocolate		granola bar		

Trail Lunches

Pick one from each category.

dairy	meat	grain	fruit	fun
hard cheese	jerky	bagel	dried apples	hard candies
cheese spread	can tuna	crackers	banana chips	GORP
string cheese	canned spread	melba toast	fruit bits	trail mix
	hard salami	graham cracker	fruit leathers	candy bar
drinks	meat sticks	corn chips	raisins	choc granola
water		flour tortillas	walking apple	nuts
kool aid	peanut butter	wheat bread	orange	sunflower seeds
gator types	jelly	pilot bread	cranasins	pumpkin seeds
powder mixes		pretzels		cereal mixes
		granola bar		

TRAILFOOD

Walking Apple

1 large apple
Peanut Butter (plain or chunky)
raisins

Take a large crisp, juicy apple and cut the top and stem off. Scoop out the core, leaving the bottom on. In the hole place several tablespoons of peanut butter and raisins. Place the top back on and wrap in foil or other wrapping. Eat while walking down the tail.

GORP and SNACKS

Good Old Raisins and Peanuts
Granola, Oats, Raisins, and Peanuts

1 cup salted peanuts
or dried roasted peanuts
1 cup raisins
mix in a Zip lock bag and eat on the trail.

GORPMM *Backpacker Magazine*

1 cup salted peanuts
or dried roasted peanuts
1 cup raisins
1 cup M&M's
mix in a Zip lock bag and eat on the trail.

Good-for-you-GORP *Backpacker Magazine*

2 1/2 cups low-fat granola
1 cup dried pears
1/2 cup M&M's

mix in a Zip lock bag and eat on the trail.

Sunny GORP *Backpacker Magazine*

1 cup salted peanuts or dried roasted peanuts
1 cup raisins
1 cup roasted sunflower kernels
1 cup M&M's

mix in a large Zip lock bag and eat on the trail.

Trail Peak Trail Mix *Philmont Training Center*

1 cup Chex's cereal, rice, corn, wheat or mixed variety
1 cup M&M's
1 cup salted peanuts
or dried roasted peanuts
1 cup raisins
mix in a Zip lock bag and eat on the trail.

Fruity GORP

1 cup salted peanuts
or dried roasted peanuts
1 cup dried Fruit Bits
1 cup M&M's
1 cup roasted sunflower kernels

mix in a large Zip lock bag and eat on the trail.

Mixed GORP

1 cup mixed nuts
or dried roasted mixed nuts
1 cup dried Fruit Bits
1 cup M&M's
1 cup roasted sunflower kernels

mix in a large Zip lock bag and eat on the trail.

Mac GORP *Backpacker Magazine*

1/2 cup mixed nuts
1/2 cup Macadamia nuts
1 cup dried Fruit Bits
1 cup M&M's
1 cup roasted sunflower kernels

mix in a large Zip lock bag and eat on the trail.

Tom Brokaw's Granola GORP *Backpacker Magazine*

1 cup pitted dates, prunes, raisins or other dried fruit
4 cups old-fashioned oatmeal
1 cup pine nuts or walnuts
1 cup shredded coconut
1 cup wheat germ
1/3 cup sesame seeds
1/2 cup honey
1/2 cup oil

Snip fruit into small pieces and set aside. Combine dry ingredients in a large bowel. In a sauce pan, stir together honey and oil and heat to boil. Pour over dry ingredients, and mix. Spread onto two 10"x15" baking sheets. Bake 25 minutes at 325^{o} F, stirring occasionally. Add fruit once the granola is cool.

GORP Balls *Helen Singh*
The Leader, April 1984

1/3 cup each raisins, apples, apricots, dates and coconut.
Add 1/2 cup sesame seeds
1/3 cup walnuts
2 cups peanuts.
For the glue, use
1 cup chocolate chips,
1/3 cup honey
1/2 cup peanut butter.

Make sure the Scouts don't pack food in the same place as their socks and underwear. Food and patrol cooking gear go in the top of the pack, and personal gear in the bottom and the side pockets. Reserve one side pocket for trail munchies: nuts, dried fruits, smarties, hard candies and chocolate bars. Each Scout should have his own bagful to ration out to himself so that it lasts the duration of the trip. Our favorite is GORP balls; chopped dehydrated fruits and nuts "glued" together with honey, peanut butter and melted chocolate chips and rolled in icing sugar.

Good Ol' Gorp *From General Mills*

Ingredients
6 cups Cheerios® or MultiGrain Cheerios® cereal
1 cup salted peanuts
1 cup golden raisins
1/4 cup margarine or butter, melted (do not use spread or tub products)
1 package (6 ounces) semisweet chocolate chips (1 cup)
Directions
Stir together cereal, peanuts and raisins in large bowl.

Pour margarine over cereal mixture; toss lightly with fork until mixture is evenly coated. Add chocolate chips; toss.

Store in airtight container

Light Gorp *Deanna DeLong, 1979*

Keep a close watch or it may disappear before you hit the trail!
1/2 cup dried apples
1/2 cup dried pineapple
1/2 cup dried apricots
1/4 cup coconut flakes
1/2 cup dried peaches
1/2 cup golden raisins
1/2 cup dried pears
1/2 cup cashews or blanched almonds

Cut apples, apricots, peaches, pears and pineapple into 1/2-inch pieces. Combine all ingredients in a medium bowl. Package in airtight plastic bags and store in a cool dry place. Use within 3 to 4 weeks. Makes about 3-1/2 cups.

Mixed Gorp *Deanna DeLong, 1979*

Create your own gorp snacks with a variety of dried fruit, nuts and candy.

1/2 cup dried apples
1/2 cup chopped dates
1/2 cup dried apricots
1/2 cup raisins
1/2 cup dried prunes
1/4 cup butterscotch chips
1/4 cup coconut flakes
1/2 cup mixed nuts

Cut apples, apricots and prunes into 1/2-inch pieces. Combine all ingredients in a medium bowl. Package in airtight plastic bags and store in a cool dry place. Use within 3 to 4 weeks. Makes about 3-1/2 cups.
Variations
Other ingredients you'll enjoy in gorp are: dried currants, chopped figs, pecans, walnuts, peanuts, "M&M's" plain or peanut chocolate candies, carob stars, chocolate chips, jelly beans and gum drops.

Dark Gorp *Deanna DeLong, 1979*

Hikers aren 't the only ones who will enjoy this version of the famous trail snack.
1/2 cup prunes
3/4 cup "M&M's" DARK chocolate candies
1/2 cup dried cherries
1/4 cup sunflower seeds
1/2 cup chopped dates
1/2 cup cashews
1/2 cup raisins

Cut prunes into 1/2-inch pieces. Combine all ingredients in a medium bowl. Package in airtight plastic bags and store in a cool dry place. Use within 3 to 4 weeks. Makes about 3-1/2 cups.

Breakfast Snack Mix

Ingredients
4 cups Cheerios® cereal
2 cups French Toast Crunch® cereal
1 cup cinnamon-raisin bagel chips, broken into bite-size pieces
1/2 cup raisins

Stir together all ingredients in large bowl. Store in airtight container.

Gorp fish

Dry roasted peanuts
Dates
Raisins

Gold fish
M & M's
Sesame nut mix
Sunflower seeds
Use your own judgment on how much of each ingredient to use. Combine all together and enjoy.

Goblin Good Gorp
2 cup Peanuts
1 cup Bite-sized chocolate sandwich cookies
1 cup Candy corn
1/2 cup Goldfish crackers
1/2 cup Raisins
In large bowl, combine all ingredients. Store in covered container. Makes 5 cups.

A.M. Gorp
1/2 cup round toasted oat cereal
1/2 cup bite-sized square wheat cereal
1/2 cup crunchy corn bran cereal
1 tablespoon dried banana chips
1 tablespoon dried cranberries
1 tablespoon raisins
Serves 1
Combine all in a small food storage bag.

Jumbo Breakfast Cookies *From Cheerio*

Ingredients
1 1/4 cups sugar
1/2 cup butter or margarine,* softened
1/2 cup peanut butter
1/4 cup water
1 tablespoon vanilla
1 egg
1 1/2 cups Gold Medal® all-purpose or whole wheat flour
1 cup old-fashioned or quick-cooking oats
1 cup raisins
1/2 teaspoon salt
1/2 teaspoon baking soda

4 cups Cheerios® cereal

Directions
Heat oven to 375°. Stir together sugar, butter, peanut butter, water, vanilla and egg in large bowl. Stir in remaining ingredients except cereal. Gently stir in cereal.

Drop dough by rounded 1/3 cupfuls 4 inches apart onto ungreased large cookie sheet. Flatten dough to about 1 inch thick.

Bake 13 to 15 minutes or until golden brown. Let stand 5 minutes before removing from cookie sheet. Store loosely covered.

*If using spread, use only stick that has more than 65% vegetable oil.

High Altitude (3500-6500 ft): Increase bake time to 14-16 min.

Raisin-Peanut Treat Bars *from Cheerios*

Ingredients
3 tablespoons margarine or butter (do not use spread or tub products)
1 bag (10 1/2 ounces) miniature marshmallows (6 cups)
5 cups Cheerios® cereal
1 cup raisins
1/2 cup dry-roasted peanuts
Directions
Butter rectangular pan, 13 x 9 x 2 inches.

Microwave margarine in large micro-waveable bowl uncovered on High about 45 seconds or until melted. Add marshmallows; toss until coated. Microwave uncovered on High about 1 minute 30 seconds, stirring after 45 seconds, until mixture can be stirred smooth.

Immediately stir in cereal, raisins and peanuts until evenly coated. Press in pan, using buttered back of spoon. Cool about 1 hour or until firm. For bars, cut into 6 rows by 4 rows.

Range-Top Directions: Make as directed--except heat margarine and marshmallows in 3-quart saucepan over low heat, stirring frequently, until melted. Remove from heat.

Candy Treat Bars: Omit raisins and peanuts. Stir in 1 cup candy-coated chocolate candies with the cereal.

Peanut Butter Treat Bars: Omit raisins and peanuts. Stir in 1/2 cup peanut butter just before stirring in cereal.

Honey Peanut Squares *From Cheerios*

Ingredients

1/2 cup sugar
1/2 cup honey or light corn syrup
1/2 cup peanut butter
3 cups Cheerios® cereal
1/2 cup salted peanuts

Directions

Butter square pan, 9 x 9 x 2 inches. Heat sugar and honey just to boiling in 3-quart saucepan over medium heat, stirring occasionally. Remove from heat.

Stir in peanut butter until smooth. Stir in cereal and peanuts until evenly coated.

Pat mixture evenly in pan, using buttered back of spoon. Cool 1 hour. For squares, cut into 6 rows by 6 rows.

Original CHEX Party Mix

6 tablespoons margarine or butter*
*Do not use spread or tub products
2 tablespoons Worcestershire sauce
3/4 teaspoons garlic powder
1 1/2 teaspoons seasoned salt
1/2 teaspoon onion powder
1 cup mixed nuts
1 cup pretzels
1 cup garlic-flavor bite-size bagel chips or regular-size bagel chips, broken into 1-inch pieces
3 cups Corn Chex® cereal
3 cups Rice Chex® cereal
3 cups Wheat Chex® cereal

Heat oven to 250°. Melt margarine in large roasting pan in oven. Stir in seasonings. Gradually stir in remaining ingredients until evenly coated. Bake 1 hour, stirring every 15 minutes. Spread on paper towels to cool. Store in airtight container. 12 cups snack.

Microwave Directions: Melt margarine in large microwavable bowl uncovered on High. Stir in seasonings. Gradually stir in remaining ingredients until evenly coated. Microwave

uncovered on High 5 to 6 minutes, thoroughly stirring every 2 minutes. Spread on paper towels to cool. Store in airtight container.

Important: Because microwaves cook differently, time is approximate.

1 serving(1/2 cup): 130 calories(60 calories from fat); 7 g fat(1.5g saturated); 0 mg cholesterol; 340 mg sodium; 16 g carbohydrate(1 g fiber); 2g protein.

High Altitude (3500-6500 ft): No changes

School Fuel Mix *From Chex cereals*

3/4 cup packed brown sugar
6 tablespoons margarine or butter*
*Do not use spread or tub products.
3 tablespoons light corn syrup
1/4 teaspoon baking soda
4 cups Corn Chex® cereal
4 cups Rice Chex® cereal
1/4 cup semisweet chocolate chips

Cover cookie sheet with waxed paper. Microwave brown sugar, margarine and corn syrup in large microwavable bowl uncovered on High 1 to 2 minutes, stirring after 1 minute, until margarine is melted. Stir in baking soda until dissolved. Stir in cereals. Microwave on High 3 minutes, stirring every minute. Spread on cookie sheet. Cool 10 minutes; break into bite-size pieces.
Microwave chocolate chips in small microwavable bowl on High 1 minute 30 seconds or until chocolate can be stirred smooth (bowl will be hot). Drizzle chocolate over snack. Refrigerate 30 minutes or until chocolate is set. Store in airtight container.
8 cups snack.

For pretzel or peanut lovers: Stir in 1 cup broken pretzels or 1/2 cup honey-roasted peanuts with the cereal.

1 serving (1/2 cup): 160 calories (45 calories from fat); 5 g fat (1 g saturated); 0 mg cholesterol; 200 mg sodium; 27 g carbohydrate (0 g dietary fiber); 1 g protein.

High Altitude (3500-6500 ft): No changes.

Gorp Balls

1 cup Corn syrup or molasses or Honey
3/4 cup Milk powder
1 cup Oatmeal
1/2 cup Peanut butter
1/2 cup Chocolate chips
1/2 cup Wheat Germ
1/2 cup Crushed peanuts
1/2 cup Raisins

Mix all the ingredients thoroughly. Roll into balls and each in a small piece of wax paper, (not Aluminum foil) twisting ends and chill.

Energy Balls *The Leader, June/July 1994*

Nothing re-charges the body and encourages tired hikers faster than a quick snack on the trail. Try these "energy balls".

Mix together **1 cup chopped dates**
1/2 cup peanut butter,
1 3/4 cups chopped figs,
1 cup chopped apricots.
Roll into balls. Recipe should make about 33 servings, each weighing 0.9 oz.
(Calories per serving: 72; shelf life: 14 days.)

Golden Crunch Balls *Deanna DeLong, 1979*

A high-energy, slightly tart fruit snack.

1/2 cup dried apricots
1/2 teaspoon cinnamon
1/2 cup dried apples
3 tablespoons honey
1/2 cup dried peaches
3 tablespoons orange juice
1/2 cup finely grated unsweetened coconut
1 tablespoon lemon juice
1/4 cup blanched almonds
Powdered sugar, if desired
1 teaspoon grated lemon peel

Grind apricots, apples and peaches in meat grinder or blender until pieces are the size of rock salt or finer, about 1/8 inch in diameter. Place in a medium bowl. Stir in coconut, almonds, lemon peel and cinnamon. In a small saucepan, slightly warm honey, orange juice and lemon juice. Stir to mix well. Slowly pour honey mixture over fruit mixture, stirring until mixture sticks together evenly. Form

into small balls about 3/4 inch in diameter. Place on baking sheets. Dry at 120°F (50°C) until no longer sticky to touch, up to 6 hours on a dry day. If desired, roll balls in powdered sugar. Makes 48 balls

Fruit Balls *Deanna DeLong, 1979*

These snacks are perfect for backpacking or lunch boxes.

1/4 cup dried apricot
1/3 cup finely shredded coconut
1/2 cup dried cherries or fig
1/3 cup sunflower seeds
1 cup dried dates
1 cup finely chopped nut
1/2 cup dried prune
3 tablespoons lemon juice
1/4 cup raisin
2 to 3 tablespoons white corn syrup

In blender or food grinder, finely chop apricots, cherries or figs, dates, prunes and raisins. In a medium bowl, mix finely chopped dried fruit with coconut, sunflower seeds and nuts. Stir in lemon juice. Add white corn syrup gradually and mix well. Shape into 1-inch balls. Dry on screens in food dryer at 130°F (55°C) 4 to 6 hours until firm to touch. Wrap individually in plastic wrap and store in an airtight container in a cool dry place. Use within 2 to 3 weeks. Makes 36 balls.

Heidi's Trail Mix *Heidi*

1 cup dry cereal (Cheerio's, Chex, etc.)
1 cup peanuts or soy nuts
1 handful pretzel sticks
1 cup raisins
optional, handful of dried fruit
mix in a Zip lock bag and eat on the trail.

SAM's Mix *Dennis A. Schmitt*

1 big box Pepperidge farm cheese fish crackers or 1 box Chex Mix,
1 @1 lb. bag M&M's
1/2 lb. raisins
1 jar Planter's Dry Roasted Peanuts
Mix in a 2 gallon zip lock bag. **serves one Troop.**

People Chow *Dave Corson*
ONEPOT

1 pkg. semi sweet morsels
1 cup Peanut Butter
1 stick margarine
1 box Crispex cereal
1 lb. Powdered sugar

Melt semi sweet morsels, peanut butter and margarine over low heat. stir in cereal until well coated. Place powdered sugar in grocery sack and then put "the mixture" into the bag and shake until well coated. The chow that is, not you.

Donny's Mix *Donny Shaheen* *Bag*

1 cup Pretzels
1 cup Chex Mix
1 cup nuts
1 cup M&M's
Mix and eat and share with your buddies

FLT Mix *pdeaglep*

1 Bag Dried Mango
1 Cup Dried Cherries
1 Cup Popping Raisins
1/2 Cup Dried Apricots
1 Cup Roasted Salted Peanuts
1 Cup Roasted Almonds
1 Cup M&M's

Mix in a 2 gallon zip lock bag. Makes enough for 4 people for about 4 days.

Pick a Trail Mix

Pick 1/2 cup from each column, pack in bag.

Cereal	Nuts	Fruit	Candy
Cheerio's	Peanuts	Raisins	M&M's
Chex 's	Mixed Nuts	Fruit Bits	Chocolate chips
Grape Nuts	Macadamia	Apple chips	Reese's Pieces
Granola	Sunflower kernels	Banana chips	Peanut Butter Chips
Wheat Thins	Almond slices	Pineapple	Butterscotch chips
Snack crackers	Corn Nuts	coconut	Carob chips
Pretzels		Dried cranberries	
Fish crackers		Dried cherries	

Muesli Bars *made at Home*

1/2 cup brown sugar
1/4 cup toasted chopped pecans
5 tbsp water
1/2 cup toasted chopped almonds
1 cup oatmeal
1/8 cup All Bran cereal
1/8 cup sesame seeds
3 tbsp honey

Grease 9x9 inch pan. Heat sugar and water in a large saucepan over med. heat until sugar is dissolved. Bring to boil, for 3 minutes, stirring constantly. Add remaining ingredients, mix thoroughly. Place in pan and pat down. Set aside to cool. Cut into about 20 bars. Wrap and store.

Microwave trail bars Author: V (vharris@is2.dal.ca)

2 cups rolled oats
1/2 cup melted butter
1/2 cup brown sugar

enough syrup to coat oats (maple syrup, corn syrup or even honey) ¼ cup

This is a recipe without exact proportion. Just try it. Take about **2 cups rolled oats** and place them in a microwave-proof pan (like the kind you use for Rice Krispies) Add about **1/2 cup melted butter and 1/2 cup brown sugar** Add **enough syrup to coat oats** (**maple syrup, corn syrup or even honey have all worked well in the past**) Mix well and spread flat in the pan. Put in microwave until syrup starts to bubble. Let cool, then cut into squares. This recipe can be altered to taste and will change significantly when different syrups are used. Some will come out very crunchy and some will be chewy. If cooked for too long, it can be broken up and eaten like gorp! Good luck!

Honey-Nut Cookie Bars

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske

2 Eggs -- separated
2/3 Cup Honey
4 Tbsp Nonfat Dry Milk
1/4 Cup Whole-Wheat Flour
1/4 Tsp Coriander
1/4 Tsp Nutmeg
1 Tsp Baking Powder
1 Cup Walnuts Or Almonds -- chopped
3/4 Cup Sesame Seeds, Unhulled

1. Beat egg yolks and honey together.
2. Combine well the dry ingredients except nuts and seeds. Add to the honey mixture.
3. Add the nuts and seeds and mix well.
4. Beat egg whites until they hold stiff peaks, and fold into the dough.
5. Spread batter in oiled 9x13 inch baking pan. Bake for 25-30 minutes at 350 F in preheated oven.
6. Cool in pan and then cut into bars.

NOTES : A dense chewy cookie that offers a lot of food value and a not-so-sweet, nutty flavor.

Power Bars

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske

1/2 Cup Honey Or Molasses
1/2 Cup Peanut Butter

1 Cup Dry Milk, Non-Instant

**** Options ****

Chocolate Chips
Raisins Or Dried Fruit Bits
Coconut
Cashew Butter -- *
Almond Butter -- *

1. Kneed all ingredients together with your hands, adding enough milk powder to form a stiff but not crumbly dough. Optional ingredients can be kneaded in as well.
2. Shape into logs about 2-3 inches long and 1 inch in diameter.
3. Roll in powdered milk, confectioner's sugar or coconut.

Makes about 6.

* May be used in place of peanut butter.

Power Bars Origin: Canadian Living, June 1992.
Shared by: Sharon Stevens

2 cup Whole wheat flour
1/2 cup Packed brown sugar
1/4 cup Skim milk powder
1/4 cup Wheat germ
1 ts Baking powder
1 1/2 cup Raisins or chopped dried apricots
1/2 cup Unsalted sunflower seeds
2 Eggs
1/2 cup Vegetable oil
1/2 cup Molasses
1/3 cup Peanut butter

In bowl, combine flour, sugar, skim milk powder, wheat germ and baking powder; stir in raisins and sunflower seeds. Combine eggs, oil, molasses and peanut butter. Add to dry ingredients, blending well. Spread in greased 9 inch square cake pan. Bake in 350F oven for 35 minutes or until browned and firm to the touch. Let cool completely. Cut into24 bars. Bars can be stored in air tight container for up to 5 days.

TASTY ENERGY BARS eronkowski@hotmail.com prosecutor

Mix the following dry ingredients thoroughly:
1 1/4 cup instant one minute oats
1 cup dried banana chips, chopped fine

1 cup dried apples, or apricots, diced
1/4 cup baking raisins
1 1/4 cup chopped walnuts
1 cup flour
3/4 cup brown sugar, firmly packed
1/2 teaspoon salt
1/4 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg

Mix the following liquid ingredients thoroughly:
1/4 cup light corn oil
3/4 cups pure maple syrup, grade b is best
1/4 cup canola oil

Mix the dry ingredients together first, then mix in the liquid ingredients. Preheat an oven to 350 degrees. Spray a 9" by 13" metal cooking pan with PAM. Spred and press this thick mixture into the pan. Cook 30 minutes. Cool completely at least an hour. Cut into bars. Freeze the bars in sandwich sized baggies for your lunch or snack. If you cut the pan into 4 large bars, each bar will have 1,044 calories. If you cut the pan into 6 bars, each bar will have 696 calories.

Here is my favorite recipe for home made ***'power bars'***. They always keep me 'powered up' on the trail. **PAPPA**

Enjoy.

1 cup whole wheat flour
3/4 cup all-purpose flour
2/3 cup packed brown sugar
1/2 cup each: chopped dried apricots, prunes, chopped nuts, raisins and chocolate chips
1/4 cup natural wheat bran or oat bran
1 tsp. baking powder
1/2 tsp. cinnamon
1/2 tsp. salt
1/4 tsp. nutmeg
1/4 tsp. baking soda
1 apple, grated
3/4 cup plain low-fat yogurt
1/4 cup vegetable oil

2 eggs

In bowl, mix whole wheat and all-purpose flours, sugar, apricots, nuts, choc chips, prunes, raisins, bran, baking powder, cinnamon, salt, nutmeg, baking soda and apple; set aside.

Whisk together yogurt, oil and eggs; stir into dry ingredients just until combined. Spread in greased 9 inch square cake pan.

Bake in 350 F oven for 35 to 40 minutes or until tester inserted in center comes out clean. Let cool on rack; cut into bars.

California Chocolate Bars by Hershey's so it must be good.

Ingredients:
6 tablespoons butter or margarine, softened
1/2 cup granulated sugar
1/4 cup packed light brown sugar
1 egg
1 teaspoon freshly grated orange peel
1 teaspoon vanilla extract
1 cup all-purpose flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup chopped dried apricots
1/2 cup coarsely chopped walnuts
1 cup HERSHEY'S MINI KISSES Brand Milk Chocolates
MILK CHOCOLATE

GLAZE(recipe follows)
Directions:
1. Heat oven to 350 F. Grease 9-inch square baking pan.

2. Beat butter, granulated sugar, brown sugar and egg in large bowl until fluffy. Add orange peel and vanilla; beat until blended. Stir together flour, baking soda and salt; add to butter mixture. Stir in apricots, walnuts and chocolates; spread into prepared pan.

3. Bake 25 to 30 minutes or until lightly browned and bars begin to pull away from sides of pan. Cool completely in pan on wire rack. Prepare MILK CHOCOLATE GLAZE; drizzle over top. Allow to set; cut into bars. About 16 bars. Wrap in plastic wrap for camping.

MILK CHOCOLATE GLAZE: Place 1/4 cup HERSHEY'S MINI KISSES Brand Milk

Chocolates and 3/4 teaspoon shortening (do not use butter, margarine, spread or oil) in small microwave-safe bowl. Microwave at HIGH (100%) 45 seconds or until chocolates are melted and mixture is smooth when stirred.

Chocolate Chip Fruit and Nut Bars by Hershey's

Ingredients:

1/2 cup (1 stick) butter or margarine, softened
3/4 cup packed light brown sugar
1 egg
1/2 teaspoon vanilla extract
1-1/4 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
VANILLA BUTTER FILLING(recipe follows)
1/2 cup chopped candied red or green maraschino cherries
1/4 cup chopped dried apricots
1/4 cup raisins
3/4 cup HERSHEY'S Semi-Sweet Chocolate Chips
1/2 cup coarsely chopped nuts

Directions:

1. Heat oven to 350°F. Lightly grease 13x9x2-inch baking pan.

2. Beat butter, brown sugar, egg and vanilla in large bowl until creamy. Stir together flour, baking soda and salt; gradually add to butter mixture, beating until blended. Spread evenly into prepared pan.

3. Bake 12 to 15 minutes or until lightly browned; remove from oven. Do not turn oven off. Cool crust about 5 minutes.

4. Meanwhile, prepare VANILLA BUTTER FILLING; spread evenly over crust. Sprinkle cherries, apricots, raisins, chocolate chips and nuts over top. Return to oven. Bake 15 minutes or until center is set. Cool completely in pan on wire rack. Cut into bars. About 36 bars.

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VANILLA BUTTER FILLING

2 tablespoons sugar
2 tablespoons milk
1 tablespoon butter or margarine melted
1 egg
1/2 teaspoon vanilla extract

1/3 cup all-purpose flour
1/2 teaspoon baking soda
1/4 teaspoon salt

Beat sugar, milk, butter, egg and vanilla in small bowl until smooth. Add flour, baking soda and salt; beat until well blended. About 2/3 cup filling.

Chocolate Cranberry Bars

Ingredients:
2 cups vanilla wafer crumbs
1/2 cup HERSHEY'S Cocoa
3 tablespoons sugar
2/3 cup cold butter, cut into pieces
1 can (14 oz.) sweetened condensed milk (not evaporated milk)
1 cup REESE'S Peanut Butter Chips
1-1/3 cups (6 oz. pkg.) sweetened dried cranberries OR 1-1/3 cups raisins
1 cup coarsely chopped walnuts

Directions:
1. Heat oven to 350°F.

2. Stir together crumbs, cocoa and sugar in medium bowl; cut in butter until crumbly. Press mixture evenly on bottom and 1/2-inch up sides of 13x9x2-inch baking pan. Pour sweetened condensed milk evenly over crumb mixture; sprinkle evenly with peanut butter chips and dried cranberries. Sprinkle nuts on top; press down firmly.

3. Bake 25 to 30 minutes or until lightly browned. Cool completely in pan on wire rack. Cover with foil; let stand several hours. Cut into bars. About 36 bars.

Chewy Fruit & Oatmeal Bars From *Quaker Oats*

Ingredients
3/4 cup firmly packed brown sugar
1/2 cup granulated sugar
One 8-ounce container vanilla or plain low-fat yogurt
2 egg whites, lightly beaten
2 Tbsp. vegetable oil
2 Tbsp. skim milk
2 tsp. vanilla

1-1/2 cups all-purpose flour
1 tsp. baking soda
1 tsp. ground cinnamon
1/2 tsp. salt (optional)
3 cups Quaker® Oats (quick or old fashioned, uncooked)
1 cup diced dried mixed fruit, raisins, or dried cranberries

Preparation Steps
Heat oven to 350°F. In large bowl, combine sugars, yogurt, egg whites, oil, milk, and vanilla; mix well. In medium bowl, combine flour, baking soda, cinnamon, and salt; mix well. Add to yogurt mixture; mix well. Stir in oats and fruit.
Spread dough onto bottom of ungreased 13x9-inch baking pan.
Bake 28 to 32 minutes or until light golden brown. Cool completely on wire rack. Cut into bars. Store tightly covered.

Each bar contains .5g oat soluble fiber.
Recipe Yield:
2 dozen bars Serving Size:
1 bar Nutrition Information: Calories: 145, Calories from Fat: 20, Total Fat: 2g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 60mg, Total Carbohydrates: 43g, Dietary Fiber: 2g, Protein: 3g

Cheerios® and Trix® Treat Bars

Prep Time:15 min
Start to Finish:45 min
Makes:15 bars

1/4 cup butter or margarine
4 cups miniature marshmallows or 1 bag (10 oz) regular marshmallows
3 cups Cheerios® cereal
3 cups Trix® cereal
1 cup salted peanuts

1. Spray 9-inch square pan with cooking spray; spray back of large spoon with cooking spray.
2. In 3-quart saucepan, melt butter over medium heat. Add marshmallows; cook until melted, stirring constantly. Remove from heat. Gently stir in cereals and peanuts.

3. Press in pan with back of sprayed spoon. Cool completely, about 30 minutes. For bars, cut into 3 rows by 5 rows; wrap individually in plastic wrap.

Tips from the kitchen
Variation:
Try Honey Nut Cheerios®, Frosted Cheerios® or Corn Chex® cereal.

Nuts and Bolts

Next time you need to nibble, whip up a batch of this crunchy classic cereal treat!

Prep Time:10 min
Start to Finish:1 hr 10 min
Makes:15 servings (1/2 cup each)

4 cups Cheerios® cereal
2 cups pretzel sticks
1 cup nuts
1/4 cup butter or margarine, melted
1 tablespoon Worcestershire sauce
1 teaspoon paprika
1/2 teaspoon garlic salt

1. Heat oven to 275°F.
2. In ungreased 13x9-inch pan, mix cereal, pretzels and nuts. Stir together melted butter, Worcestershire sauce, paprika and garlic salt. Pour over cereal mixture, tossing until evenly coated.
3. Bake 30 minutes, stirring occasionally; cool. Store in airtight container.
High Altitude (3500-6500 ft): No change.

Berry Burst® Marshmallow Bars

The strawberries in the cereal add extra flavor to an easy-to-make bar.

Prep Time:10 min
Start to Finish:25 min
Makes:24 bars

3 tablespoons butter or margarine
1 bag (10 1/2 oz) miniature marshmallows (6 cups)
7 cups Berry Burst Cheerios® strawberry cereal

1. Butter 13x9-inch pan.
2. In large microwavable bowl, microwave butter and marshmallows uncovered on High about 2 minutes, stirring after every minute, until smooth.
3. Immediately stir in cereal until evenly coated. Using buttered back of spoon or hands, press mixture firmly in pan; cool. For bars, cut into 6 rows by 4 rows. Store loosely covered.
On the Stove: Butter 13x9-inch pan. In 3-quart saucepan, melt butter over low heat. Add marshmallows; stir until marshmallows are melted and mixture is smooth. Remove from heat. Immediately stir in cereal until evenly coated. Using buttered back of spoon or hands, press mixture firmly in pan; cool. For bars, cut into 6 rows by 4 rows. Store loosely covered.

Caramel Crisp Bars

A chewy Cheerios® bar with a touch of chocolate.

Prep Time:20 min
Start to Finish:1 hr 20 min
Makes:36 bars

6 cups Cheerios® cereal
1 bag (14 oz) caramels
3 tablespoons water
2 cups miniature marshmallows
1/4 cup miniature semisweet candy-coated chocolate candies for baking
Chocolate Glaze
1/4 cup semisweet or milk chocolate chips
2 teaspoons shortening

1. Butter 13x9-inch pan. Into large bowl, measure cereal. In medium microwavable bowl, microwave caramels and water uncovered on High 2 1/2 to 4 minutes, stirring after each minute, until smooth. Pour over cereal; gently stir until well coated. Add marshmallows; gently stir. Press evenly in pan, using buttered back of spoon.
2. In small microwavable bowl, microwave glaze ingredients uncovered on Medium (50%) about 1 minute or until mixture can be stirred smooth; drizzle over bars.
3. Sprinkle bars with candies. Refrigerate about 1 hour or until bars are firm and glaze is set. For bars, cut into 9 rows by 4 rows. Store loosely covered.

On the Stove: Make as directed above--except in heavy 1-quart saucepan, heat caramels and water over low heat, stirring frequently, until smooth.

Peach-Cereal Bars

A peach of a bar for grab-and-go snacks or breakfast!

Prep Time:10 min
Start to Finish:40 min
Makes:12 bars

3 tablespoons butter or margarine
1 bag (10 oz) large marshmallows
6 cups MultiGrain Cheerios® cereal
1 container (6 oz) Yoplait® Original 99% Fat Free harvest peach yogurt
3/4 cup diced dried peaches

1. Butter 8-inch square (2-quart) glass baking dish. In large microwavable bowl, microwave butter and marshmallows uncovered on High 1 minute 30 seconds, stirring after 1 minute, until smooth. Stir in cereal until coated. Press about 4 cups mixture firmly in pan. Spread yogurt over top.
2. Mix dried peaches and remaining cereal mixture (if cereal mixture has become firm, microwave uncovered on High 30 seconds to soften). Spread over top of yogurt; press firmly with dampened hands. Refrigerate until firm, about 30 minutes.
3. For bars, cut into 4 rows by 3 rows. Store covered in refrigerator.

Tips from the kitchen
Make it Different
Try your favorite combinations of yogurt and diced dried fruit, such as apricot yogurt and dried apricots or raspberry yogurt and dried cranberries.

Raisin-Peanut Treats

This versatile recipe includes some variations to please different cravings.

Prep Time:10 min
Start to Finish:1 hr 10 min
Makes:24 bars

3 tablespoons butter or margarine
1 bag (10 1/2 oz) miniature marshmallows (6 cups)
5 cups Cheerios® cereal
1 cup raisins
1/2 cup dry-roasted peanuts

1. Butter 13x9-inch pan.
2. In large microwavable bowl, microwave butter and marshmallows uncovered on High about 2 minutes, stirring after every minute, until smooth.
3. Immediately stir in cereal, raisins and peanuts until coated. Press in pan, using buttered back of spoon. Cool about 1 hour or until firm. For bars, cut into 6 rows by 4 rows. Store loosely covered.

Stove-Top Directions: Butter 13x9-inch pan. In 3-quart saucepan, heat butter and marshmallows over low heat, stirring frequently, until melted. Remove from heat. Immediately stir in cereal, raisins and peanuts until coated. Press in pan, using buttered back of spoon. Cool about 1 hour or until firm. For bars, cut into 6 rows by 4 rows. Store loosely covered.

Tips from the kitchen
Taste Change
Try dried cranberries instead of raisins and chopped walnuts instead of peanuts.

Honey-Peanut Squares

A honey of a bar for peanut lovers!

Prep Time:15 min
Start to Finish:1 hr 15 min
Makes:36 squares

1/2 cup sugar
1/2 cup honey or light corn syrup
1/2 cup peanut butter
3 cups Cheerios® cereal
1/2 cup salted peanuts

1. Butter 9-inch square pan. In 3-quart saucepan, heat sugar and honey just to boiling over medium heat, stirring occasionally. Remove from heat.
2. Stir in peanut butter until smooth. Stir in cereal and peanuts until evenly coated.

3. Press evenly in pan, using buttered back of spoon. Cool 1 hour. For squares, cut into 6 rows by 6 rows. Store loosely covered.
High Altitude (3500-6500 ft): No change.

Tips from the kitchen
Taste Trick
For a more peanutty flavor, use unsalted peanuts.

Fruit Pemmican

1 cup dried apricots
1 cup dried raisins
1 cup dried apples
1 cup walnuts
1 cup coconut shredded
1/2 cup dates, pitted
1/2 cup margarine
1 cup peanuts
1/2 cup honey
powdered sugar or toasted sesame seeds

Put all of the fruit and nuts in a large bowl and mix well. Put through a meat grinder one time Mix in the margarine and the honey and grind once more. Form the mixture into a 1" log by rolling out on waxed paper. Cut into 2" lengths and roll these pieces in powdered sugar or toasted sesame seeds. Store in sealed plastic bags in the refrigerator or freezer until ready to take on a trip. Note: Alternatively this mixture may be pressed and packed down solidly into a shallow, buttered pan, then cut into bars 2 x 1".

http://208.218.3.161/DisneyChannel/BugJuice/Activities/AdventureBound/food.html

Pemmican *Disney (BugJuice)*

Pemmican is energy food for Native American warriors and hunters. It was also the food of choice of the United States Government to stock their bomb shelters during the Cold War of the 1950s. We've heard that one pound of pemmican will keep you alive and on the go for one solid week in the wilderness! (I think that's Disney imagination again)

Ingredients:
1/2 lb. Jerky (make your own jerky, or use any cooked meat)
2 tbsp. brown sugar

1-1/2 cups raisins, cranberries, or other berries of your choice
3-1/2 cups vegetable shortening or melted fat

Preparation:
Wash your hands, all utensils, and work surfaces carefully before handling food.

Ask an adult to cut jerky/cooked meat into bite-sized pieces. Add berries to meat (use an old bowl or coffee can). Pour melted shortening/fat over the mixture. Set aside until the shortening/fat has
hardened around the berries and meat.

The traditional way to eat pemmican is with your fingers -- just dip your fingers in, and lick off the meat, berries, and fat! Or you can shape the pemmican into cakes, and ask your parents to fry the cakes. Try it with some very tasty, simple fried bread.

Traditionally, pemmican was carried by Native Americans in leather bags. The hardened fat would keep the meat and berries fresher longer. Eventually, the fat would rot, but this was the best way to carry meat in the days prior to refrigeration, ice-makers, and coolers.

"Western" Pemmican Offered by Tall Mountain & Summerwolf
...which was handed down from family & friends

2 cups raisins
2 cups dates
Honey (enough for a binder)
2 cups nuts (peanuts, cashews, walnuts, etc.)

Preparation:

Grind together all ingredients except honey. Add honey a little at a time, mixing well until moist enough to mold well and hold shape. Pour into a pan until about 3/4 inch think, or mold directly into bars. Refrigerate and cut off bars from the pan; wrap in aluminum foil. Note: This was originally a cold climate trail food which was very high in fat (suet). The recipe substitutes honey instead of suet for a binder. However, suet can be substituted for a cold weather trip.

http://www.dcs-chico.com/~wcedar/Cooking.html

Snack Bar Recipe Neil
At Home

This is a snack bar recipe that appeals to everyone who likes chocolate and / or peanuts.
Melt together in the microwave:
1 cup corn syrup
3/4 cup peanut butter
1 1/2 cups chocolate chips
Stir in:
1 tsp vanilla
2 cups chopped peanuts

Turn into 8*12 pan , spread evenly and chill for an hour or so. Now cut into bars and enjoy.
Happy trails

Pemmican

2 pounds Dried Buffalo, or Deer
1 quart choke cherry, Elderberry, blackberry, or other fruits.

Add meat drippings to bind the mixture.

The buffalo strips that have been dried in front of the fire can be beaten until they are like a corn meal. This buffalo meal is then combined with choke cherry, elderberry, blackberry, or other fruits, and meat drippings to bind the mixture. The meat may be any type, and can be dried in a common dehydrator.

Homemade Power Gel *rec.backcountry*

Mix **1 cup of corn syrup** with **1-2 teaspoons of a flavoring extract** (bottled food flavorings found in the baking section of the grocery store). I like orange. Unsweetened Kool-Aid can also be used. If you are going to be doing high-stress activities, I've received suggestions to grind up a potasium supplement and mix with the syrup (or just take it with water). Also, it's been suggested to add a dash of salt. Most corn syrup already has salt in it.

The reusable squeeze tubes you can get at most sporting goods stores works well to store about a cup. Use small flip-top bottles when you want to carry less.

A tablespoon (mouth-full) gives you about 70 calories of real quick energy but beware that your body will use this up real quick. This is no long-term substitute for real food.

If you like to experiment, try adding small amounts of rice flour, honey, canola (vegetable) oil etc.

Homemade Power Gel 2 *From: Jeff Lewis*

That sounds awfully sweet. What I do is boil up about **2 cups of white rice**, adding **water** until it is really mushy. Then I pour about a **cup of rice milk** (or just water) into a blender and hit 'puree'. Then add the rice about a tablespoon at a time, quite slowly. Give each spoon about 30 sec before you add the next. After a while, you'll have a very thick gel consistency that is packed with complex carbs. Be patient and let the blender do its job, or else you will have some lumps. I add a bit of **vanilla extract** for flavour, and **fructose** to taste (otherwise it is really bland). A big waterbottle of this stuff will keep me going for over two hours on my roadbike.

Saskatoon Pemmican

1 cup Jerky; beef or venison
1 cup Dried Saskatoon berries or dried blueberries
2 ts Honey
1 cup Unroasted sunflower seeds or crushed nuts of any kind
1/4 cup Peanut butter
1/2 ts Cayenne [optional]

This version uses peanut butter rather than melted suet or lard as the binding agent, which is more palatable for today's health conscious diets.

Grind [or pound] the dried meat to a mealy powder. Add the dried berries and seeds or nuts. Heat the honey, peanut butter and cayenne until softened. Blend. When cooled, store in a plastic bag or sausage casing in a cool dry place. It will keep for months.

From: Edible Wild Fruits and Nuts of Canada, published by the National Museums of Canada, ISBN 0-660-00128-4

SURVIVAL BAR
Harriett Barker

This recipe contains 1,000 calories-enough survival food for one day. It may be consumed dry, or cooked with water. Add cut-up dried fruit and nuts for variety.

Combine in a large bowl:
3 cups quick-cooking oatmeal
2-1/2 cups dry milk
1 cup brown sugar
In a small pan, bring to a boil:
1 tbls. honey
1 tbls. water

Add: 1/2 pkg. (3 oz. size) lemon gelatin
Dissolve the gelatin in the hot honey water. Combine with the dry ingredients, mixing well. Add more warm water, a little at a time, till the mixture is moist enough to mold. Pack into a greased foil-lined pan, and place in the oven turned to the lowest setting. If it is over 250 degrees leave the door open a few inches. When dry, cut or break into 2" pieces. Wrap in foil and store in the freezer.

FRUIT LOGS

Dried fruits.. . any or all: Apples, prunes, figs, apricots, peaches, pears, raisins, dates.
Nuts ... your choice, kind and amount.
Dry cereal ... Wheat Chex, Krumbles, Shredded Wheat (choose one).
Shredded coconut
Wheat germ
Brown sugar

Put all ingredients through the fine blade of a food grinder three times. Shape and roll in crumbs made by putting oatmeal or sugar cookies in a blender with sugar and cinnamon. Or use crushed graham crackers. Make each roll about as big as your thumb and three inches long.

Wrap individually in foil and store in a tightly sealed plastic bag.
Variation: Roll in a crushed Granola-type cereal.

DRY FRUIT MIX-UP

Put through a food grinder three times:
One pound each of the following: Pitted dates, pitted prunes, seedless raisins, shelled nuts.
Shape into individual rolls, wrap in foil and store in freezer or refrigerator until used.

TRAIL BARS

Put through fine blade of food grinder:
1/2 lb. pitted dates
1 cup peeled, cored and sliced apples (or use dry ones)
1 cup seedless raisins
Combine and add to fruit:
2 cups crushed vanilla cookies
1 1/2 cups chopped nuts
1 cup powdered sugar
1 cup granulated sugar
Add:
1/4 cup honey
1/2 tsp. vanilla
Water if necessary

Knead and work with hands to mix well. Press into foil lined pan. Allow to "dry" for a few hours, then cut into bars after lifting from the pan by the edges of the foil. Roll in brown sugar and wrap individually in foil or plastic wrap. Store in refrigerator until ready to use.

QUICK ENERGY LOGS

1/4 cup dry roasted cashews
1 cup walnuts
1/2 cup figs
1/2 cup pitted dates
1/2 cup raisins
1/2 cup chopped dry apples
1/2 tsp. lemon juice
1/2 cup flaked coconut

Put nuts and fruits through the food grinder two times. Add lemon juice and mix. Roll into small logs. Roll in coconut and let stand several hours to "dry". Wrap individually in foil and store in refrigerator until ready to use.

DRIED FRUIT BARS

Apricots OR prunes, cut up to make one cup.
Pour 3 tbls. melted margarine over chopped fruit.
Combine:
3/4 cup flour
1/2 tsp. salt
1 tsp. baking powder
Add: **2 eggs, well beaten**
1 cup brown sugar

Cream together well, then add the chopped fruit. Line an 8" x 8" pan with foil and grease and flour it Pour mixture into pan and spread evenly. Bake at 325 degrees for 30-35 min. Lift by edges of foil and cool on a rack before cutting into squares. Sprinkle with powdered sugar.

OUTER SPACE STICKS
(Betty Warner - Santa Barbara, Calif.)

1/2 cup peanut butter, chunky or smooth
1/2 cup powdered milk
1/3 cup corn syrup or honey
1 envelope unflavored gelatin
1 tbls. wheat germ
Pinch of salt

Combine in order listed. Roll into individual logs and wrap in foil.
No need to refrigerate. (Makes 2 doz.)

PE-CO CANDY

(No Cooking)
Combine **1 cup peanut butter** with **2 cups dry milk**. Add about **1/2 cup honey**, a little at a time, until mixture sticks together well. Shape into small balls, roll in **powdered sugar** or **fine cookie crumbs. Coconut flakes, chopped nuts or wheat germ** also can be used. Place on waxed paper to dry and get firm.

Turquoise's Granola Bars

Recipe By : turquoise
Serving Size : 2 Preparation Time :0:30

4 1/2 cups rolled oats
1 cup all-purpose flour
1 teaspoon baking soda
1 teaspoon vanilla extract
2/3 cup butter -- softened
1/2 cup honey
1/3 cup brown sugar -- packed
2 cups miniature semisweet chocolate chips

Directions
1) Preheat oven to 325 degrees F (165 degrees C). Lightly grease one 9x13 inch pan.
2) In a large mixing bowl combine the oats, flour, baking soda, vanilla, butter or margarine, honey and brown sugar. Stir in the 2 cups assorted chocolate chips, raisins, nuts etc.
3) Lightly press mixture into the prepared pan. Bake at 325 degrees F (165 degrees C) for 18 to 22 minutes or until golden brown. Let cool for 10 minutes then cut into bars. Let bars cool completely in pan before removing or serving.

This is supposed to make 18 servings. Don't believe it! Last time it served two, but it was grand! Sometimes it just serves one, but all day long. Hahahaha! I love homemade granola bars, energy and love rolled into one! Keep on hikin' Where are you hiking to next? - Turq

What the Bars?

3 cup granola
1/2 cup wheat germ
1/2 cup coconut
1/2 cup sunflower seeds
1/2 cup sesame seeds
3/4 cup walnuts
1/2 cup peanut butter
2 6-oz packages chocolate chips
1/2 cup milk

In a blender, food processor or food grinder, grind granola. Add wheat germ. Then, grind seeds, walnuts, and coconut separately. Mix with first mixture. In a medium saucepan, melt peanut butter, milk, and chocolate chips over low heat. Stir in granola mixture and mix well. Pat into greased 13x9x5-inch pan. Cool and cut into 1-1/2" bars. Makes about 4 dozen.

Gorp Squares *The Well Fed Backpacker*

12 oz chocolate chips
6 oz butterscotch chips
1 cup uncooked quick oatmeal

1/2 cup each:
- **honey**
- **chopped dates or prunes**
- **golden raisins**
- **broken cashews**
- **shredded coconut**
- **walnuts or almonds or peanuts**
- **toasted wheat germ**

Melt chips in a double boiler; blend in honey. Pour over remaining ingredients in a large bowl. Mix well; pour int a greased 9 X 14 inch pan. When partly cool, cut into squares.
I wrap the squares in Saran Wrap and store in the freezer and take them out as I use them. I vary the recipe to include what I like and leave out what I don't -- it's very flexible.
These are very rich. I find that a 2" X 2" square can last an entire afternoon but even a bite can give you a much needed energy boost. They taste better than the store bought stuff to boot.

There are other recipes in the book as well. I have found it to be a very useful book - well worth the cost.

Peanutty Cranberry Bars *Hershey's*

1/2 cup (1 stick) butter or margarine, softened
1/2 cup granulated sugar
1/4 cup packed light brown sugar
1 cup all-purpose flour
1 cup quick-cooking rolled oats
1/4 teaspoon baking soda
1/4 teaspoon salt
1 cup REESE'S Peanut Butter Chips
1-1/2 cups fresh or frozen whole cranberries
2/3 cup light corn syrup
1/2 cup water
1 teaspoon vanilla extract

Directions:
1. Heat oven to 350°F. Grease 8-inch square baking pan.

2. Beat butter, granulated sugar and brown sugar in medium bowl until fluffy. Stir together flour, oats, baking soda and salt; gradually add to butter mixture, mixing until mixture is consistency of coarse crumbs. Stir in peanut butter chips.

3. Reserve 1-1/2 cups mixture for crumb topping. Firmly press remaining mixture evenly into prepared pan. Bake 15 minutes or until set. Meanwhile, in medium saucepan, combine cranberries, corn syrup and water. Cook over medium heat, stirring occasionally, until mixture boils. Reduce heat; simmer 15 minutes, stirring occasionally. Remove from heat. Stir in vanilla. Spread evenly over baked layer. Sprinkle reserved 1-1/2 cups crumbs evenly over top.

4. Return to oven. Bake 15 to 20 minutes or until set. Cool completely in pan on wire rack. Cut into bars. About 16 bars.

"Mrs B's Biker Bars"

:Dry Ingredients:
1 cup dark brown sugar
2 cups flour
3 cups rolled oats
1/3-cup wheat germ
1 cup raisins, dark and/or golden
1 cup chopped pecans
1/2-cup sunflower seeds
1 cup cranberries or chopped dates
1 to 3 tablespoons cinnamon
1 teaspoon baking powder (optional)
1 cup figs or apricots, chopped (you can use cutting shears)

:Wet Ingredients:
3 egg whites
3/4-cup canola or veg. oil
1/2-cup skim milk

Mix dry ingredients in a large bowl. Next mix wet ingredients in a small bowl. Now add the wet ingredients to the dry ingredients. Toss and mix well, with two wooden spoons. Pour into a 9x13 pan. Press down with palms of hands and make smooth. Bake at 375 degrees for 25 minutes.

Cool on rack and then cut into squares. Individually wrap with saran wrap; place in airtight container and place in freezer. Take one/two out when heading out for a ride.

Adapted from Dr. Mitchell's cookie recipe

Energy Bar Alternative Conrad Erb

Although not fitting totally into the energy bar category, I have found made-'em-yourself cereal bars to be really good and MUCH tastier than anything else that I have tried.
Here's the quick recipe part.

2 cups of crushed corn flakes (or whatever cereal is uniform (no chunks) and crushes well)
1/4 honey
1/4 maple syrup
1 tablespoon vanilla
1/4 chopped nuts (peanuts are your best bet)
2 tablespoons of oil

Put oil, honey and MS into a pan and heat slowly. Mix cereal and nuts into a bowl and when mixed, add hot syrup mixture. Toss until all the cereal is coated. Lay it all in 6x9 pan or whatever you use (the mixture expands a little bit while cooking) and fire it in the oven @ 350 F for 15 minutes. Cool and cut. Makes a sweet treat.

Seven Summits Bars From COOKING THE ONE BURNER WAY

1/2 stick butter
1 cup graham cracker crumbs
1 cups shredded coconut
2 cups mixed chocolate and butterscotch chips
1 can sweet condensed milk
3/4 cups oatmeal
1 cup chopped walnuts

Layer in a 9-by-13-inch pan in the order listed and bake at 350 degrees F for 20 minutes. Cool thoroughly, cut into bars and freeze until ready to use.

Cheese Bombs From THE NOLS COOKERY

1/2 cups flour
1/4 cups powdered egg
1/2 to 1 Tbs. chicken or beef base
1/4 cups Bisquick or other baking mix
Cheddar or jack cheese
Seasoning mix of garlic powder, cayenne, and chili powder to taste

Mix all ingredients except cheese. Add water until mixture is thicker than pancake batter, but thinner than biscuit dough. Cut cheese into 1-inch squares about a half-inch thick. Dip in batter. Fry quickly on both sides in hot oil. Serves 4.

SLAB *JBowen (joshua.bowen@zurichus.com)*

This is one of my trail favorites. It sounds messy, but actually is better than GORP and more fun. Take an entire jar of chunky peanut-butter and empty it into a large mixing bowl. Add about 1/4 cup of honey to the p'butter and start mixing it with your hands. Now, start adding in powdered milk a little at a time as you continue to mix. Keep adding in the powdered milk until the mixture is no longer sticky, make sure it is mixed well. You can add in raisins or dried fruit to you liking. I would avoid M&M's in the mix, as they tend to melt. You can now throw the entire "slab" into a zip-lock, mold it to any cranny of your pack and be gone. To eat it, just pull off a bit from the "slab", roll it into a ball and munch. Very high in carbs and protein, and low in fat if you watch the ingredients you use. Enjoy!

PS-Credit goes to Trek staff at Camp Echo Lake on this one!

Polly's Power Bars *Polly (pekin84@bright.net)*

I love chocolate Power Bars but hate the cost too. I wanted something to use on my long runs, studied the PB ingredients and came up with this. It makes a lot.

2 cup brown rice, ground in blender
2 cup oats, ground in blender
2 cup dry milk
1 cup wheat germ
1 cup white flour
1 cup crunchy peanut butter
1/2 cup cocoa
1 cup chocolate protein powder
1 cup honey
a little salt

½ cup sugar
3/4 cup oil

Enough water to make it workable. Mix it all up, let sit a few minutes and it will be easier to work with. Form into logs, pat onto cookie sheet, bake at 350 till done, about 25 min. or so.

Chocolate Goo *Diane Murphy*
At Home

2 Milky Way Bars
3 oz butter / margarine
3 cups Rice Crispy cereal
1 tablespoon golden syrup / kero syrup
chocolate to melt on the top

1. put Milky Way's, butter, syrup in microwave dish and melt on low heat or defrost 3 minutes. Stir and continue until butter and chocolate are melted.
2. When melted, add 3 cups of rice Crispy and mix well.
3. Place in greased pan and press down well.
4. Melt chocolate and pour on top. Put into fridge to set. When set cut into squares and store in a fancy candy tin.

Hiking Cookies: *nancy@backpacker.com*

2 1/2cup. flour
1 tsp. Baking Soda
1 tsp. salt
1 cup. butter
1 cup. brown sugar
1/2 cup. water
2 1/2cup. rolled oats
Cut butter into dry ingredients. Add water, mix with hands. Roll & Cut on floured board. Cut & fill. Bake then fill. Bake in a 350* oven for 8-12 min.

Filling:
1 lb. dates, cut up
1 cup. water
1 cup. brown sugar
Cook, stirring often until smooth.

Do the Jerk

Beef & Potatoes soup- backpacker style

5 strips jerky, shredded
1 3/4 cups instant mashed potato flakes
1 1/2 cups dry milk
2 tablespoons instant chicken bullion
2 teaspoons dried minced onion
1 teaspoon dried parsley
1/4 teaspoons ground white pepper
1/4 teaspoons dried thyme
1/8 teaspoons turmeric
1-1/2 teaspoons seasoning salt

Combine all ingredients in a bowl and mix well. Store in air tight containers. Makes 6 servings.
To serve:
Place 1/2 cup mix in soup bowl and add 1 cup boiling water. Stir until smooth.
well suited for FBC

Jerky Quinoa Pilaf

Serving Size : 4 Preparation Time :0:40

Amount	Measure	Ingredient -- Preparation Method
6 strips of Jerky, shredded, or 1/2 cup		
2	cup	quinoa
1 1/2	tablespoons	extra virgin olive oil
1	medium	onion -- chopped
2	cloves	garlic -- minced
1/4	cup	pine nuts
2		red bell peppers -- diced
1	medium	sweet potato -- cubed
1/4	cup	golden raisins
4	cups	venerable broth
		ground black pepper

Rinse quinoa with cold water and drain well.

Heat oil in a large non-stick frying pan. Add onion, garlic, pine nuts and peppers and cook over medium heat until lightly browned, about 5 minutes. Add potato, raisins and quinoa and cook for 1 minute.

Stir in broth and black pepper; bring to a boil. Reduce heat to low, cover and simmer until liquid is absorbed and quinoa is tender, 15 to 20 min. Fluff quinoa mixture with a fork and serve at once. Serves 4. Makes 11 cups.

Cut recipe in half or 1/4 to have smaller portions.

Jerky Stew

1 lb Jerky, beef or buffalo
1 cup Whole dried hominy, soaked overnight in ample water
1 lg Yellow onion, peeled/chopped
1 lb Potatoes, unpeeled/diced
Salt and pepper to taste

Break the jerky up into 1-inch pieces and place in a heavy, lidded kettle. Drain the hominy and add to the jerky, along with the onion. Cover with water and bring to a boil. Simmer, covered, until the hominy is tender, about 2 hours. You will have to watch this closely, as more water will have to be added as you go along. Add the potatoes and cook for an additional 20 minutes. Season with salt and pepper.

Source: "The Frugal Gourmet Cooks American" by Jeff Smith.

Jerky Stew Mary Bell's Complete Dehydrator Cookbook by Mary Bell

This stew of beef jerky, tomatoes, potatoes, and other vegetables is completely made with dehydrated ingredients, except for the optional fresh carrot. The stew is served over cooked rice. Dried foods are light and easier to carry so, this is a perfect recipe for hikers or campers.
Prep Time: 10 minutes
Cook Time: 1 hour, 30 minutes

Ingredients:
4 cups water
1 cup dried tomato pieces (about 20 slices)
1 cup beef jerky pieces (in 1/2-inch chunks)

1 cup dried peeled potato slices
1 Tablespoon dried bell pepper pieces
1 Tablespoon dried onion pieces
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon dried garlic
Salt and pepper to taste
1 fresh carrot, sliced (optional)
1 cup cooked and dried short-grain rice

Preparation:
In a large saucepan, combine 3 cups of the water, tomatoes, beef jerky, potatoes, bell pepper, onion, basil, oregano, garlic, salt, and pepper. Let sit for 30 minutes to rehydrate.

Place pan over medium heat and bring to a boil. Add carrot, if using. Simmer for 30 minutes to an hour, until jerky is tender. Meanwhile, combine rice with remaining water and bring to a boil. Remove from heat, cover, and let sit for 15 minutes to rehydrate. Return to boil, partially cover and simmer until rice is tender, about 15 to 30 minutes.

Serve hot stew over cooked rice.
Yield: 2 to 4 servings

Dehydrated pot roast

Have cooked a roast (beef) taken any left over amount and shredded the meat and dehydrate. This it will rehydrate to tender beef with a hour soak in boiling water. Cook in some hot liquid for a soup or stew.

Backpacker's Beef Jerky Stew

INGREDIENTS:
4 cups water
1 cup dried tomato pieces (about 20 slices)
1 cup beef jerky pieces (in 1/2-inch chunks)
1 cup dried peeled potato slices
1 tablespoon dried bell pepper pieces
1 tablespoon dried onion pieces
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon dried garlic
salt and pepper to taste

1 fresh carrot, sliced (optional)
1 cup cooked and dried short-grain rice

DIRECTIONS:

In a large saucepan, combine 3 cups of the water and all ingredients except carrot and rice. Let sit for 30 minutes to rehydrate.

Place pan over medium heat and bring to a boil. Add carrot, if using. Simmer for 30 minutes to an hour, until jerky is tender.

Meanwhile, combine rice with remaining water and bring to a boil. Remove from heat, cover, and let sit for 15 minutes to rehydrate. Return to boil, partially cover and simmer until rice is tender, about 15 to 30 minutes.

Serve hot stew over cooked rice. Serves 2 to 4, depending on how far you hiked.

Car camping suggestions

Suggested Breakfast items	Suggested Lunch Items
Breakfast Bars, Granola Bars	dried fruit
Pop Tarts	fresh fruit
Canned juice / Dry juice mixes	Triscuit/Wheat thins/ crackers/ pilot biscuits
Pancake Mix	cheese
Granola Mix (see recipe)	cheese squeeze
Powdered Milk	Hard Boiled eggs (done in advance)
Melba Toast	Raw Carrots / Broccoli / Cauliflower
Bakery Goods	Peanut Butter
English Muffins w/ butter & Jam	Salami Sausage
Fresh fruit - oranges - grapefruit	Meat sticks Beef Jerky
Hard boiled eggs (done in advance)	Canned chicken / SPAM / Tuna
Milk gravy on pancakes	Spreadables
Hot Chocolate	Canned turkey / ham spreads
Instant Oatmeal (add raisins, brown sugar)	Chocolate bars
Instant Grits	chewy brownies or cookies
Sausage and bacon	Drink Mix

Car camping allows greater use of fresh foods. You can have elaborate kitchens and expanded

menus. But it is a great time to try variety of cooking styles and techniques. Propane or charcoal. It is still cooking, try out those backpacking meals before you are 20 miles from the store.

The grocery is a good place to buy for the trail. You just have to imagine the food without the package. Get curious and browse through your nearby supermarket. That TRAIL PACK of pancake mix is still only pancake mix.

Cheesy Chili Success *Success Rice*
POT

1 bag Success Rice
1 can Hormel Chili No Beans
1 cup process cheese spread
1/2 cup sour cream
chopped red bell pepper
Tomato slices

Cook rice according to package. Drain and set aside. Combine other ingredients in pan and heat until cheese is melted. Stir to blend well. Serve over rice. Garnish with peppers & tomato. serves 4

Cheesers *Troop 928*
SKILLET

Tortillas
Monterey Jack cheese
Salsa

Heat a tortilla in skillet; place cheese and salsa on top. Place another tortilla on top, flip and heat until cheese is melted. Cut in 4's and eat as you make the next one.

MAC & STUFF *Stove Top*
2 POT

1 box Macaroni and Cheese
4 hot dogs. Sliced (or can turkey)
1 1/4 cups water
2 T. margarine
2 cups Stove Top chicken flavor Stuffing Mix
1 cup thawed frozen peas (dehydrated if camping)

Prepare Mac and cheese dinner as directed on box. Meanwhile bring water, peas, hot dogs, and margarine to boil in large saucepan. Stir in stuffing mix, cover, remove from heat, stand 5 minutes. Stir stuffing mixture into macaroni and cheese dinner. Serves 6.
(cut in half for 2 or 3 hikers)
The reduced portion can be done in one pot if you cook the noodles first, then add the peas, cheese, meat, and stuffing in the right order.

Spicy Chicken Wings *Nikki Schmitt*

<u>Marinade</u>
16-24 chicken wings
1/2 cup tomato sauce
2 T. herb vinegar
1/4 cup vegetable. oil
1 tsp. garlic powder or minced garlic
1 tsp. Tabasco **
1 tsp. celery seed or celery salt
1/2 cup brown sugar
6 peppercorns or 1 tsp. pepper (black or white)
1/2 tsp. chili powder

Combine marinade ingredients and bring to boil; let cool.. Cut the wings at the joints for finger eating Submerge the chicken wings in marinade in a zip-lock bag and refrigerate or cool in the ice box for 3 hr. Preheat broiler or start the charcoal. You need 30-40 minutes for charcoal. Arrange wings on broiler or grill. Brush with marinade and broil 4-10 minutes on each side, or until crispy. Check broiler or grill often. ** vary amount to your taste.

Nachos *Campbell*

1 can (10.75 oz) Campbell's Condensed Cheddar Cheese Soup
1/2 cup Salsa
1 Chopped Tomato
Sliced green onions
slices pitted ripe olives
1 bag tortilla chips
Chopped green or sweet red pepper

1. In 1 1/2 quart saucepan, combine soup and salsa. Over low heat, heat through, stir often.
2. Serve over tortilla chips. Top with tomato, green onions, olives and peppers.
3. Add ground beef or chili.

Aztec Toothpicks *Ed Bailey*
NO-COOK

Tortillas
cream cheese
brown sugar
cinnamon

Heat a white flour tortilla in a skillet; spread cream cheese on tortilla; sprinkle on brown sugar; sprinkle on a small amount of cinnamon; roll up tortilla and pig out.

Dave's Chili *Wendy's dad*
BIGPOT

2 lb. ground beef
2 teaspoons cumin
1 (15 oz) can red beans
1 quart tomato juice
1/2 tsp. each: pepper, oregano, sugar
1 med. onion chopped
1 (29 oz) can tomato puree
1 teaspoon salt
1/2 cup diced celery
1/4 cup diced green bell pepper
1/4 cup chili powder
1/2 teaspoon black

1/8 teaspoon cayenne pepper
1 1/2 teaspoons garlic powder

Brown beef in skillet, drain, then add all the rest into a 6 quart pot, cover and simmer 1 to 1.5 hours stirring every 15 minutes. **makes 16 (1 cup) servings.**

Pineapple Ham Crescents *Count DelMonte*
Reflector Oven

1 can 15.25 oz Pineapple Spears in Juice
1 can (8 oz) refrigerated crescent rolls
8 thin slices ham, 2-inches wide
8 slices Swiss cheese, 2-inches wide
1 Tbs. Dijon mustard

Drain pineapple well, reserving juice. Reserve 2 spears for sauce; chop and set aside. Unroll crescent rolls. Wrap ham and cheese around pineapple. Place at widest part of crescent and roll-up. Place on baking sheet. Bake at 375^{o}F, 12 to 15 minutes or until golden. In sauce pan, boil the reserved juice with mustard until thickened, about 10 min., stirring frequently. Stir in chopped pineapple. Serve with crescents. Makes 8 sandwiches.

Microwave Beef Jerky *Nabisco foods*
MICROWAVE

1 lb. flank steak
2 T. soy sauce
1/4 tsp. ground red pepper
1 T. seasoned salt
2 T. Wright's Natural Hickory seasoning

Trim meat of all visible fat. Slice beef across grain into 1/8 inch strips; place in nonmetal dish. Blend remaining ingredients; pour over meat, stirring to coat well. Cover and chill at least 8 hours. Arrange a third of the meat strips on microwave-safe rack or paper-towel-lined microwave-safe plate. Cover with paper towel. Microwave at HIGH 5 minutes; turn over strips. Microwave 3-3 1/2 more minutes or until meat is well cooked and firm, but not crisp. Repeat with remaining strips. Cool completely. Cover and store in refrigerator for up to 1 week. *Watch the last few minutes...*

Chili for 8 *InterNet*

All ingredient amounts are just suggestions; add more or less. It's very free form. You might have your own secret ingredients. Go for it!

1 large onion, sliced/diced
2-3 cloves garlic
1/2 green pepper, diced
1 Tbs. oil
Sauté above in the oil in bottom of Dutch oven until onions are tender.
Add: **2 lb. lean ground beef** Brown thoroughly, salting and peppering to taste. Drain off excess fat. Add: **2 sm. cans tomato paste**.
1-2 large cans tomatoes (you can substitute a large jar of spaghetti sauce for the tomatoes and paste). **3 Tbs. chili powder** (or more, depending on how hot you like it).

Simmer uncovered for 45-60 minutes, cooking off some of liquid. When thickened, add:.
Drained kidney or black beans (as many as you like; I suggest 2 soup-size cans)..

Cover and simmer 15 or so minutes. .
Serve with rice or pasta, and salad. Use another Dutch oven to make corn bread. Hot sauce on side is good, too. I showed my Scouts how to cook this shortly after I started as SM., and my senior patrol cooks it frequently on camp outs now. They scarf it down by the plateful and want more. There rarely is any left over. . Mmmmmmm...I'm getting hungry. Enjoy!
-- Thanks to Pete Farnham, SM., Troop 113, GW District, NCAC, Alexandria, VA,

Bill T

Here is the Chile Mac recipe I came up with specifically to dehydrate for my BigHorns trip last summer.
I used 96% fat free Beef hamburger and Barilla Ditalini pasta. And here are my trail notes.
Comments: Dried in two-cup increments for twelve
plus hours at 135. Hydrated one-cup dry (equal to 2 cups as cooked)
with one cup boiling water. Let sit for ten minutes and it came out very good.
Added Olive oil and shelf stable.
All in all a very good meal. Also 1 and ½ cups dry with 1 and ½
cups of boiling water would be a better serving size for me.

Chile Mac

16 ounces Burger (Beef, Chicken, Turkey, or Vegetarian equivalent)
1 - 16 Ounce Can Chile style Crushed Tomatoes
1 - 16 Ounce Can Tomato Sauce
1 - 16 Ounce Can Beans (Pinto, Black, Red, What ever you like)
8 Ounces pasta
3 - 6 cups water
1 - Tablespoon Chile powder
1 - Teaspoon each, Onion Powder, garlic Powder, oregano, basil, fennel (crushed), kosher salt
1/2 teaspoon Crushed red pepper

Brown burger, rinse with boiling water, return to pan.
Run crushed tomatoes through food processor to pulp the tomato add to pot. Add Tomato sauce, beans and seasonings to pot with one-cup water. Simmer for 30 minutes.
After simmer time add pasta and water, as necessary to maintain desired thickness. Cook until Pasta is done.
If drying you may want to under cook pasta by a few minutes. Makes about 7 cups.

Calories per cup----------240 (without olive oil and shelf stable cheese added)
Fat Per Cup----------2.5G
Carbohydrates per cup----------35.0G
Protein per cup----------21.0G
Fiber per cup----------6.0G

Stir-Fry Jerky *Nikki Schmitt*
DRIER

A quick meat Jerky can be made using Stir-Fry meat from the grocery. The meat is already cut into strips by the butcher. Marinate the meat with Teriyaki or Soy sauce in a glass pan overnight. Dry in a dehydrator for about 6-8 hours. Pat with a paper towel to remove oil droplets. Place in a zip-lock bag and store in the refrigerator until ready for the pack.

Also try a Italian dressing marinate for a different taste.

Rice & Freebies *The Road King*
ONEPOT

1 Box instant rice-bought with triple coupons
5 packets taco sauce -Taco Bell
2 packets Chile Sauce -Wendy's
3 packets bacon bits -McDonald's
Salt & pepper packets -Kentucky Fried
2 honey packets -Kentucky Fried
Road Kill -only if fresh (only kidding)

Cook the rice, add the sauces and stuff. Eat if you dare.

Frito Burritos *Taco Bell*

1 cup dried refried beans
10-12 flour tortillas
grated cheese
hot sauce/salsa
1 head lettuce
2 cups water
Frito Corn chips

Mix the water and dried beans into a paste, heat and fill the tortillas with fixings. Crunch and munch. serves 6

Arroz con Pollo Chicken with Rice
BIG SKILLET

1 2 1/2 to 3 lb. Broiler-fryer chicken, cut up (can be pre-boned pieces)
2 **Tbs. cooking oil**
1 1/2 cups long grain rice
1 cup chopped onion
2 cloves garlic, minced
3 cups water
1 8 oz. Can tomatoes, cut up
1 Tbs. Instant chicken bouillon granules
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon coriander
1 cup frozen peas
1 2 oz can sliced pimientos

Sprinkle chicken lightly with salt. In a 12-inch skillet brown chicken in hot oil about 15 minutes. Remove chicken from pan. In drippings remaining in pan, cook rice, onion, and garlic until rice is golden. Add water, undrained tomatoes, bouillon granules, salt, pepper, and coriander. Bring to boiling, stir well. Arrange chicken atop rice mixture. Cover and simmer 30-35 minutes or until chicken is tender. Add peas. Cover and cook 5 minutes more. Garnish with pimiento strips. Makes 4-6 servings.

Quick Paella *BSA*
SKILLET

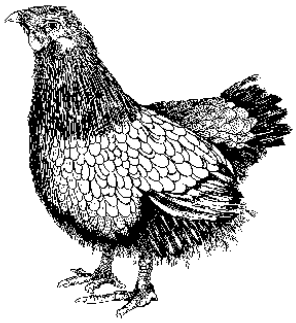
4 Servings
1/4 cup Margarine or butter
1 1/3 cup Instant rice (uncooked)
1/2 cup Minced onion or 2 tablespoons instant chopped onion
1/3 cup Minced green pepper
2 Cloves minced garlic or 1/4 teaspoon garlic powder
8 oz Cans tomato sauce
7 oz Can minced clams (drained)
5 oz Can cooked chicken

Heat margarine in large skillet and lightly brown rice, onion, green pepper, and garlic.

Add remaining ingredients along with 1-1/2 cups water, and mix well. Bring to a boil. Lower heat and simmer for 5 minutes.

This could be made ahead and dehydrated, or partially dehydrated by using a tomato leather instead of canned tomato sauce. The chicken and clams can now be found in foil pouches. Pork, sausage, and other seafood's can also be added.

Chicken Quesa dias *James Thorne*
POT & SKILLET



2 tortillas for each quesa dia
1 whole chicken
2 lb. Monterey Jack cheese
Salsa, hot or mild
1 onion
1 Green pepper
2 Tbs. finely chopped cilantro or parsley
oil

Cook a whole cleaned chicken in large pot of water until meat falls from bone, about 2 hours. Debone and chop chicken, set meat aside, save Stock for tomorrow's soup. Grate the cheese, set aside. Simmer sliced onions and green peppers with a little oil. Add salsa and chicken. On a lightly oiled griddle, heat tortilla, add meat mixture and grated cheese. Top with another tortilla. Flip and melt cheese. Cut into quarters and serve. Add Guacamole, sour cream, lettuce, Eat

Chicken & Dumplings

1 1/2 cups water
1 chicken bouillon cube
1 teaspoon powdered milk
1 small can of chicken
1 tortilla or biscuit dough for 1 biscuit

Bring water to a boil. Add bouillon cube, powdered milk and chicken. Tear tortilla into small strips and drop into pot. Or drop "pinches" of the biscuit dough into the pot. Cook for about 15 minutes.

The milk makes it a little richer tasting. I used biscuit dough and it did well. Haven't tried the tortilla method yet.

Shrimp Quesa dias *James Thorne*
POT & SKILLET

1 cup coarsely chopped cooked shrimp
1 onion
1 Green pepper
2 tortillas for each quesa dia
2 lb. Monterey Jack cheese oil
2 Tbs. finely chopped cilantro or parsley
Salsa, hot or mild

Cook and clean shrimp. Chop set aside. Grate the cheese, set aside. Simmer sliced onions and green peppers with a little oil. Add salsa and shrimp. On a lightly oiled griddle, heat tortilla, add meat mixture and grated cheese. Top with another tortilla. Flip and melt cheese. Cut into quarters and serve. Add Guacamole, sour cream, lettuce, Eat

Davy Jones' Supper *Creamettes*
POT & SKILLET

1/2 lb. elbow macaroni
2 tablespoons butter or margarine
1/4 cup milk
1/4 cup chopped onion or dried onion flakes
1 can cream of shrimp soup
1/4 cup chopped green bell pepper
1/2 cup sour cream
(1) 6 oz can of shrimp salmon or tuna
1 tablespoon mustard
4 oz can of mushroom stems and pieces drained
1/4 teaspoon salt
2 tablespoons sliced green olives
1 teaspoon Worcestershire sauce.

Cook macaroni and drain. In medium skillet, melt butter and cook onion and bell peppers, if flaked, rehydrate first. Blend in milk and soup, heat through. Combine macaroni, soup mixture and remaining ingredients, mix well and heat until thickening. Simmer... 4-6 servings.

Garlic toast *Recipe By : Dick*
Serving Size : 6 Preparation Time :0:30 Categories : Breads

1 loaf French bread loaf
4 oz butter
1 tsp. garlic salt
1 tsp. onion salt
1 Tbs. chopped parsley OPTIONAL

An hour and a half before supper, make a small charcoal fire. Slice bread diagonally about 1 1/2" thick. Melt butter in a aluminum foil cup on the side of the fire. add garlic salt onion salt and parsley to the butter. With a brush or a folded up paper towel, brush butter onto both sides of the bread, Put the grill on a couple of rocks close to the fire. Toast the bread lightly. Wrap in Aluminum foil to keep warm.

Chicken Soup 1
Dick Ross

Serving Size : 6 Preparation Time :1:00 Categories : Soups Chicken
1 pound boneless chicken
1 each chopped onion
1 teaspoon salt
3 each carrots, medium size
6 ounces thin noodles
6 each celery stalks
2 tablespoons oil or shortening
3 each chicken bullion cubes
7 cups water

Peel and chop finely onion, carrots, and celery. Put oil in bottom of a large pot and put on medium heat. add onion , carrots, and celery. Cook and stir until onion is tender. Add chicken, bullion cubes, and water. Bring to a boil. Cook for 30 or 45 min. Remove chicken from pot and put on cutting board. add noodles to water and boil for 5 to 8 min. While noodles are cooking, chop up chicken and add to soup. skim off any fat. salt and pepper to taste. eat it!

Sloppy Joe mix
to store in your pantry for instant meals.

1 cup dried minced onion
3 Tbsp. dried green pepper pieces
4 tsp. salt
3 Tbsp. cornstarch
4 tsp. instant minced garlic
2 tsp. dry mustard
2 tsp. celery seed
2 tsp. chili powder
(add tomato powder 1=1 ratio for thick sauce)

Preparation:
Combine all ingredients and mix well. Store in airtight container in a cool, dry place.
Makes the equivalent of 8 packages purchased Sloppy Joe seasoning mix.
3 Tbsp. Sloppy Joe Mix equals one package purchased mix.

Sloppy Joes

Brown 1 lb. lean ground beef in a large skillet; drain fat.
Add 3 Tbsp. Sloppy Joe Mix, 1/2 cup water, and 1 cup ketchup or crushed tomatoes.
Bring to a boil, reduce heat, cover pan, and simmer 5-10 minutes until thickened.

Fettuccine Alfredo with Chicken
Recipe By : Dick Ross

Serving Size : 6 Preparation Time :1:30 Categories: Chicken, Italian, Main Dish, Pasta

1 1/2 pounds Fettuccine noodles
6 oz butter (real, not margarine)
2 each egg yolk
3/8 cup heavy cream
3/4 cup grated Parmesan cheese salt and pepper to taste
1 1/2 pounds boneless chicken breasts

Take butter out of cooler and set in a warm place to soften. Boil 2 quarts water in a big pot. Add the chicken breasts and bring back to a boil and simmer 20 min. Remove chicken and put it on a paper plate to cool. dump out water and refill big pot 3/4 full with water. Put on to boil. Put the soft butter in a small pot and beat it. Add egg Yolks and cream and beat until well blended and

fluffy (if your arm doesn't hurt, you didn't beat it enough). Add the cheese a little at a time, beating after each addition. Set butter mixture aside (if it's hot out, put it in the cooler). Cut the chicken into bite size pieces.

When the water comes to a boil, dump in the noodles. boil for 5 to 8 min. Fish out a noodle and eat it to tell when they are done. DO NOT OVER COOK! (Beat the sauce some more while you are waiting for the noodles) When the noodles are done, drain the water immediately and dump in the butter mixture and the chicken. Stir gently until the sauce is mixed in, serve immediately. Eat it!

NOTE: if you are short of money and have the time, boil a whole chicken and take the meat off the bones instead of using chicken breasts. This can be done ahead of time at home.

Serving Ideas : Serve with garlic toast and a vegetable.

Pita pocket Frito Pie
El Paso Pete

1 pk. Pocket Bread
1 can Wolf Brand Chili, this is a Texas recipe not a Nebraska one.
1 bag Frito's Corn Chips
8 oz Grated Cheddar Cheese

Heat Chili, put some chips in the Pocket bread and spoon chili on top. Add more chips and cheese. Eat as many as you can.

Frito Pie
So Old, I forgot

1 can chili
6-8 small bags Frito's corn chips
shredded cheese

Cook up pot of chili (homemade or canned). Buy individual size bags of Frito's corn chips. Cut an X on front of bag and open. Put chili on top of the chips, and shredded cheese. And you have portable lunch time Frito Pie.

Jakie's Meatloaf
A former weekly Favorite Recipe contest winner in 1978.

InterNet

2 pounds ground beef
2 eggs, slightly beaten
1/4 cup each: ketchup and rolled oats
8 saltine crackers, crushed
1 medium onion, chopped
1 tablespoon barbecue sauce
Salt and pepper to taste
Flour
Oil
1 cup water
1 (8-ounce) or (15-ounce) can tomato sauce (see note)

Mix beef, eggs, ketchup, oats, crackers, onion, barbecue sauce, salt and pepper and form into 2 loaves. Flour each lightly and brown on all sides in a little oil (about 1 teaspoon) in a skillet. Remove from pan. Heat 2 tablespoons oil and stir in 2 tablespoons flour with wooden spoon or whisk. Cook, stirring, until a dark roux forms. Stir in water, salt and pepper. Pour gravy into the bottom of a pressure-cooker pan and place meat loaves over it on a rack. Pour half a can of tomato sauce over each and pressure cook according to manufacturer's directions, about 20 minutes. Let pressure drop of its own accord.

Note: If you like more tomato flavor, use a 15-ounce can of tomato sauce (recipe tested with Tomato Sauce Special).

Christine Pines' Meat loaf

A longtime favorite from Chronicle files.

DUTCH OVEN

1/4 cup milk
1 cup herb-seasoned bread stuffing (from an 8-ounce bag)
1 egg
1 1/4 pounds ground beef round (2½ cups packed down)
1 teaspoon salt
1/8 teaspoon pepper
2 ribs celery (1 scant cup), finely chopped
1/2 cup bottled chili sauce

Preheat oven to 375 degrees. In a medium mixing bowl, combine stuffing, milk, chili sauce, egg, salt and pepper until bread is thoroughly moistened and paste like. Add beef and celery; mix with hands until blended. Line a small (11-by-7-by-1½-inch) baking pan with foil. Turn meat mixture into pan and shape into an 8-inch-square loaf. Bake about 1 hour. Makes 6 servings.

Slow Cooker Mexican Meat loaf From Chronicle files.

DUTCH OVEN

2 pounds ground beef chuck
1 cup coarsely crushed corn chips
1/3 cup taco sauce
2 tablespoons taco seasoning or taco spices
1 egg, lightly beaten
1/2 cup grated cheese (Cheddar, Monterey Jack or Mexican blend)

Mix meat, crushed chips, taco sauce, seasoning, egg and cheese. Shape into a loaf. Place in electric slow cooker. Cover and cook on low 8 to 10 hours (or on high 3½ to 5 hours). Makes 5 to 6 servings.

Peppered Meat loaf

From Chronicle files.

DUTCH OVEN

2 pounds ground beef chuck
1/2 pound bulk sausage, crumbled
1 large onion, finely chopped
3 garlic cloves, minced
1 (8-ounce) can tomato sauce
1/2 cup ketchup
1/4 cup crushed saltine crackers
2 eggs
2 teaspoons each: Worcestershire sauce and seasoned salt
1/4 teaspoon seasoned pepper
1 or 2 potatoes, peeled and cut into fingers (optional)
Sauce (recipe follows)

Combine chuck, sausage, onion, garlic, tomato sauce, ketchup, crushed crackers, eggs, Worcestershire, salt and pepper. Mix well. Shape into a round loaf. Place potatoes in bottom of electric slow cooker (or place meat loaf on rack). Pour Sauce over all. Cover and cook on low 8 to 12 hours. Turn to high and remove the cover the last hour. Makes 6 to 8 servings.

Sauce

1 cup ketchup

1/3 cup brown sugar (optional)
1 1/2 teaspoons dry mustard
1/2 teaspoon ground allspice or nutmeg

Mix ketchup, sugar, mustard and allspice well. This makes a light sweet-sour sauce. If desired, omit brown sugar or reduce to 2 tablespoons.

Hawaiian Chicken
SKILLET

3 boneless chicken breasts - cut in half
1 sweet green peppervegetable. oil
1 sweet red pepper
8 oz. can pineapple chunks
2 oz. apple juice
1 large red onion
1 cup minute rice

Brown chicken in oil. add pineapple chunks and juice. Ring cut the onion and peppers and cook. Cover and simmer 20 minutes. Make the rice and serve chicken over bed of rice.

Burp Burritos
Wyatt Burp

1 cup dried refried beans
10-12 flour tortillas
grated cheese
hot sauce/salsa
1 head lettuce
2 cups water

Boil water and add beans and let stand. Warm the tortillas. Place fixings on tortillas and eat. Look for “Fantastic Foods Refried Beans” in the vegetarian section of the food store.

Instant Refried Bean Mix
From Linda Larsen,

3 cups dried beans, any variety
1 Tbsp. ground cumin

1 Tbsp. chili powder
1 Tbsp. salt
1 Tbsp. dried minced onion
1 tsp. cayenne pepper
1/2 tsp. pepper

In a coffee grinder, food mill or blender, grind beans until they resemble flour. Mix all ingredients together in a medium bowl until they are well blended. Store mix in a large airtight container or jar in a cool, dry place.

Instant "refried" beans

Preparation time: 20 minutes

1 pound dried pinto beans
1/2 tablespoon chili powder
1 tablespoon ground cumin
1/8 teaspoon garlic powder
2 dashes cayenne pepper
2 teaspoons salt
1 tablespoon dried minced onion
2 1/2 cups water

Preheat oven to 350°F. Look beans over and discard any foreign material. Quickly rinse beans and drain well to prevent them from absorbing water. Turn beans out on a dry towel and pat dry. Place beans in a single layer in a 9" x 13" baking pan and bake 4–5 minutes, stirring frequently, to dry beans. Pour beans out onto a dry towel to cool to room temperature.

Using a blender, coffee grinder (make sure it's free of coffee bean powder), or food mill, process cooled beans in small batches until they're the consistency of flour (larger lumps will add crunch to your beans). Pour processed beans into a bowl and add remaining dry ingredients. Stir until well mixed. Store in an airtight container until ready to prepare. You will have about 3 cups bean mix.

To prepare, place 2 1/2 cups water in a medium-size saucepan and bring to a boil over high heat. Add 3/4 cup bean mix to boiling water and mix with a wire whisk until combined. There may be a few lumps that add texture. Return to a boil over medium-high heat, cover, then reduce heat to low-medium and simmer for 11–12 minutes, or until thickened; periodically remove lid and stir beans. Beans will continue to thicken as they cool. Thin, as needed, with hot water.

Yield: 2 1/2 cups prepared
Serving Size: 1/2 cup prepared

Nutrition Facts
Per Serving:

Calories: 84
Carbohydrate: 15 g
Protein: 5 g
Fat: <1 g
Saturated fat: 0
Sodium: 245 mg
Fiber: 9 g
Exchanges per serving: 1 starch
Carbohydrate choices: 1

Shrimp & Steak Kabobs
GRILL

1/2 cup Vegetable oil
1/4 cup lemon juice
1 tsp. dried Oregano Leaves
1/2 tsp. dried Basil
1 clove Garlic , finely chopped
1/2 lb. med. raw shrimp, peeled & divined
1/2 lb. boneless Beef Sirloin, cut into cubes
Zucchini, onion and red or yellow bell peppers

In shallow dish or plastic bag, combine oil, lemon juice, oregano, basil, and garlic; add shrimp and meat. Cover; marinate in refrigerator or ice chest for 3-4 hrs. Skewer meat and shrimp with vegetables. Grill or broil as desired, basing frequently with marinade.

1/2 lb. of scallops can be substituted for sirloin. serves 16 appetizers or 4 full servings.

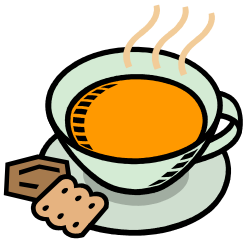
Texas Ranger Stew
Sgt. Brantley Foster, Company B, Texas Rangers & wife Suzane

1 1/2 lb. Lean ground beef
1 1/2 teaspoon salt
1 small onion chopped
1/2 teaspoon ground thyme
1 (28 oz) can peeled
1/8 teaspoon ground black pepper
whole tomatoes
2 (6-8 oz) cans sliced mushrooms
1 (14 oz) can beef broth
1 cup uncooked quick-cooking rice
Water
1/4 cup ketchup

2 tablespoon Worcestershire sauce

Place a large skillet over medium-high heat and add ground beef and onion. Cook, breaking up beef, until beef is no longer pink inside; drain fat. Add tomatoes, broth, 2 soup cans of water, ketchup, Worcestershire sauce, salt, thyme, pepper, and mushrooms. Bring to a boil. Reduce heat and simmer, uncovered, 5 minutes. Stir in rice, cover and set aside 5 minutes. **Makes 4 to 6 servings.**

SOUPs



Copycat Onion Soup Mix

3/4 cup instant minced onion
1/3 cup beef bouillon powder
4 teaspoons onion powder
1/4 teaspoon crushed celery seeds
1/4 teaspoon sugar

Combine all ingredients and store in an airtight container.
For Soup, mix 5 tablespoons of mix with 4 cups of boiling water. Boil or seep long enough to allow the onions to rehydrate. Top with croutons and grated cheese.

For 1 cup of soup use 4 teaspoons of mix with 1 cup water.

SCRATCH RECIPE FOR ONION SOUP MIX

8 tsp. dry minced onion
1 tsp. onion powder
4 tsp. beef bouillon or 4 cubes
1/4 tsp. celery salt

Mix with 4 cups water for soup OR use dry with sour cream for dip.

ANGEL HAIR SOUP WITH CHICKEN & PINE NUTS

By Nancie McDermott
Serving 4

3 ounces angel hair pasta broken into bits
2 tablespoons parsley
4 tablespoons chicken low sodium bouillon
1 pouch chicken
2 tablespoons roasted pine nuts

Cut the chicken into thin strips, 1/4x1-inch. Cut the pasta into 1-inch pieces. Mince the parsley and
set aside. Mix chicken bouillon with 12 ounces water and bring to a boil in a covered medium saucepan over high heat. Add the chicken and reduce the heat to medium-high. about 1 min. Add the angel hair pasta and cook until tender but still firm, 2 min longer.
Meanwhile, place the pine nuts in a small, dry frying pan over medium heat. Cook, stirring occasionally, until golden brown, about 3 min.
To serve, spoon the soup into bowls and garnish with the pine nuts and minced parsley.

classic White Sauce

At Home:
2 Tbl. dry milk,
1 Tbl. Butter Buds,
1 1/2 Tbs. flour,
pinch salt into a bag.
At Camp:
>mix mixture and
1 cup water
1 1/2 Tbs. butter or margarine

melt butter and cook the mixture slowly 1-2 minutes, low heat. Stir until thick 4-5 minutes. Add spices or cheese for a sauce over rice or noodles,

White sauce can be the base for a number of soups and sauce toppings to rice, noodles, cous-cous, and other grains. add cheeses, chicken or beef bouillon; even chipped beef

LOW-FAT, LOW-SODIUM SUBSTITUTE FOR CREAM OF CHICKEN SOUP

Recipe By : www.mayohealth.org
Serving Size : 1 Preparation Time :

2 cups nonfat dry milk powder

3/4 cup cornstarch
1/4 cup unsalted instant chicken bouillon -- granules
2 tablespoons dried onion flakes -- or 1 teaspoon onion -- powder
1 teaspoon dried basil
1 teaspoon dried thyme
1/2 teaspoon pepper

Blend ingredients. When ready to use, combine 1/3 cup soup substitute mix with 1 1/4 cups water to equal 1 can of soup.

Notes: This came from www.mayohealth.org/mayo/recipe/htm/soup5.htm, which included a complete nutritional and calorie comparison with a can of Cream of Chicken Soup. It is intended for use in casseroles.

Cream of Mushroom Soup Mix Dried

by Leanne Malone

1 cup dried mushrooms
1/2 teaspoon dried onions
3 tablespoons all-purpose flour
1 teaspoon salt
1/8 teaspoon pepper
1 cup powdered milk

Combine all ingredients and store in a tightly covered container.
Makes 6- 8 ounce servings or is equal to 4 cans of soup.
To make soup stir all ingredients into 1 1/2 quarts boiling water. Cook, stirring constantly until smooth and thickened.
Cover and cook over very low heat 20 to 30 minutes.

Backpacking Cream of Mushroom soup

Recipe By : DAS
Serving Size : 2

2 tablespoons Butter (in squeeze tube)
2 tablespoons Onion; Finely Chopped dried
4 tablespoons Mushrooms; Fine Chop dried

1 cup Unbleached Flour
2 Chicken bouillon cubes
1/4 cup powdered milk
    dash salt and pepper

Soak the onions and mushrooms in hot water (enough to cover) for 10 to 15 minutes.
Add the butter and cook over low heat for a few minutes, stirring occasionally.
Sprinkle with the flour and cook for a few minutes more.
Slowly add 2 cups of water with the chicken bouillon, and heat, stirring,
until it reaches the boiling point. Stir in the powered milk mixed with 1 cup water and season to taste.

Add a splash of Sherry or White Wine if this is an Adult Trip.

You may just want to pack everything in a zip type bag and cook together.

Creamy Potato Soup Mix **SARBAR**

At home mix up in a bowl:
2 cups instant mashed potatoes
1 3/4 cups instant dry milk
1/2 cup shelf stable Parmesan cheese
2 tablespoons low sodium chicken, beef or vegetable bouillon
2 Tablespoons dried onion flakes
1 Tablespoon dried parsley
1 teaspoon granulated garlic
1/2 teaspoon pepper
1 teaspoon dried thyme

Divide the soup mix up by 1/2 cup dry portions. Depending on if you will be using freezer bags or a mug to have your soup in, pack in quart freezer bags or sandwich bags.

FBC method:
Add 1 cup near boiling water and stir till smooth. Let cool.

Mug method:
Add 1 cup boiling water and stir till smooth. Let cool.

Serves 1 per bag.

Notes:
Creamy Potato Soup mix is a great way to get a potassium rich meal into you when you are so

tired you can't face eating. It is easy to mix up, and quite affordable. Carry a packet or two with you in your food bag, as a backup for cold evenings as well. It rehydrates easily in a freezer bag or in your mug.

Creamy Tomato Soup
SARBAR

Process in a mini food chopper or blender till combined:

1/2 cup diced sun-dried tomatoes
2 Tbsp dry milk
1 Tbsp tomato powder
1 Tbsp diced dried onions
1 tsp butter powder
1/2 tsp sugar
1/2 tsp Italian seasoning blend
1/4 tsp diced dried garlic
1/4 tsp fresh ground black pepper

Pack in a pint freezer or sandwich bag, adding in 1 Tbsp Bac'uns or similar fake bacon before sealing the bag.

FBC method:
Add 1 cup near boiling water to the freezer bag. Stir well, seal tightly and put in a cozy for 10 minutes.

Insulated mug method:
Add 1 cup boiling water to the dry ingredients. Stir well, cover tightly and let sit for 10 minutes.

One pot method:
Add dry ingredients to 1 cup water in your pot. Bring to a boil, stirring often. Turn off the heat, cover tightly and let sit for 5 minutes.

For all methods, add salt to taste, if desired.

Serves 1.

Notes: I have included the three main methods for making the soup on the trail. It is a thick soup and would work well as a sauce over couscous or pasta. Adding a 7-ounce pouch of chicken will make a full meal for two, when used as a sauce.

Potato Soup

"needs Salt & Pepper"

ONEPOT

1 cup potato buds
1/2 cup dry milk
2 beef bouillon
dried parsley and onion flakes.

Boil 4 cups water with a tablespoon of dried minced onions and the bouillon. Add the dried parsley, then add the potato buds and dried milk, bring back to boil and simmer couple of minutes.

salt and pepper to taste.

Dehydrated Soup Mix

who?

2 Cup. Whole Wheat Couscous
1 Cup. Dehydrated Bean Flakes (pinto, black bean, etc.)
1 Cup. Dehydrated Soup Flakes (vegetable mix, cabbage, tomato, carrot, etc.)
1/2 Cup. Nutritional Yeast (not brewer's yeast)
1/4 Cup. Vegetable Broth Powder
2 tsp. Herb Pepper
2 tsp. Dried Oregano
2 tsp. Dehydrated Onion Flakes
1 Tbs. Salt

Mix ingredients and store in sealed air-tight container. To prepare, mix with boiling water, about 1 cup. mix to 4 cups water, depending on desired thickness, simmer for 2 to 3 minutes and let stand, covered, at least 5 minutes before serving. for 2-3 servings

Cup of Vegetable Soup

1/3 cup veg flakes (tomatoes, celery, onion, zucchini, onion, peas, broccoli and carrots, made by putting dried veg. in a blender until pea-sized)
1 tablespoon cracked wheat (bulger)
1 tablespoon pasta, broken up
1/4 teaspoon dried parsley
1/4 teaspoon dried sweet basil
pinch garlic powder

pinch onion powder
salt and pepper to taste
2 cups stock or bouillon

Place dried ingredients in a thermos. Pour boiling stock over dry ingredients. wait about 10 minutes to rehydrate

Condensed Soup Mix

Ingredients (1 serving)

3 tablespoons and 1-3/4 teaspoons nonfat dry milk powder
1 tablespoon and 1 teaspoon cornstarch
3/4 teaspoon dried minced onion
1/8 teaspoon ground black pepper
1-1/4 teaspoons chicken bouillon powder
1/8 teaspoon dried basil (optional)
1/8 teaspoon dried thyme

Using an air tight container combine dry milk, cornstarch, onion flakes, pepper and chicken bouillon. If desired also add basil and thyme. Mix well and store in the refrigerator or freezer.

When using the mix combine 1/3 cup of the mix with 1 1/4 cups of water in saucepan. Cook and stir until thickened.

Potato Soup Mix

Ingredients

1/2 cup and 1 tablespoon and 1 teaspoon instant mashed potato flakes
1/2 cup dry milk powder
2 teaspoons chicken bouillon granules
3/4 teaspoon dried minced onion
1/4 teaspoon dried parsley
1/8 teaspoon ground white pepper
1/8 teaspoon dried thyme
1/8 teaspoon ground turmeric
1/2 teaspoon seasoning salt

1. Combine potato flakes, dry milk, bouillon granules, onion, parsley, pepper, thyme, turmeric and seasoning salt in a bowl and stir to mix. Pour into a 1 quart jar.
2. Attach the following instructions: To serve, place 1/2 cup soup mix in bowl. Stir in 1 cup boiling water until smooth.

Instructions for all soup mixes:
Mix all ingredients in a small bowl; Pour into a small food jar, or a sandwich bag tied, or a ziploc baggie.
Label container with name of soup and directions.

****Several of the recipes call for using Lipton soup mixes; It is advised that you empty the soup packet into a bowl, stir well to evenly distribute the seasonings, and then take the measured amount from this mixture.**

Tortilla Soup in a Cup

3 Tb. crushed tortilla chips (crush with your hands)
2 Tb. Uncle Ben's instant rice
1 Tb. Lipton Recipe Secrets Vegetable Flavor**
1 tsp. chicken bouillon granules
1/4 tsp onion powder
1/8 tsp garlic powder
1/8 tsp cumin

Directions:
Empty soup mix into a plain coffee cup(no metallic decorations)
Use a standard cup that holds 1 1/2 cup liquid.
Add 1 cup water. Stir well
Microwave on High 1 1/2 min.
Stir. Cover and let stand 3 minutes. Enjoy!

Vegetable Rice Soup in a Cup

1 1/2 T. Lipton Recipe Secrets Vegetable flavor**
3 T. Uncle Ben's instant rice
1 tsp. chicken bouillon granules
1/4 tsp. onion powder

Directions:
Empty soup mix into a plain coffee cup (no metallic decorations)
Use a standard cup that holds 1 1/2 cup liquid.
Add 1 cup water. Stir well.
Microwave on High 1 1/2 min. Stir. Microwave additional 30 sec.
Stir. Cover and let stand 5 minutes. Enjoy!

Potato Soup in a Cup

1 1/2 cup Hungry Jack instant potato flakes
1 cup powdered coffee creamer
1/2 of a 1 oz. pkt. chicken gravy mix
1 Tb. dried parsley flakes
2 Tb. grated Parmesan (Kraft, in the green can)
1 tsp. salt free seasoning blend (like Mrs. Dash, or Spike)
1/2 tsp. dried minced onion
1/2 tsp. salt
1/4 tsp. pepper

Mix all ingredients well with a whisk.
Place 1/2 cup + 1 Tb. mix into small jars or baggies. Makes enough for 5 individual soup mixes.

Directions:
Empty soup into a plain coffee cup (no metallic decoration) Use a standard cup that holds 1 1/2 cup liquid. Add 1 scant cup water; Stir very well Microwave on High 1 1/2 minutes Stir. Cover and let stand 3 minutes. Enjoy!

Creamy Cheese Soup in a Cup

1/2 of a 1.5 oz pkt. Knorr Four Cheese Sauce Mix
1 1/2 tsp chicken bouillon granules
1/4 tsp. pepper
1/2 of a pkg Lipton Recipe Secrets Vegetable flavor **
2 Tb. dried parsley flakes
1 1/2 cup powdered coffee creamer
2 Tb. cornstarch

Mix all ingredients. Place a scant 1/2 cup mix into small jars or baggies. This will make 5 individual soup mix pkts.

Directions:
Empty soup mix into a plain coffee cup (no metallic decoration) Use a standard cup that will hold 1 1/2 cups liquid. Add 1 cup water, stir very well. Microwave on High 1 1/2 min. Stir; cover and let stand 3 minutes. Enjoy!

VEGETABLE BROTH MIX

4 tb Celery salt
4 tb Dried parsley flakes
6 ts Garlic powder
6 ts Salt
6 ts Ground savory
2 ts Dried marjoram
2 ts Dried thyme
1 t Pepper
1 t Turmeric
1 t Ground sage

Combine all ingredients and mix well. Mix again before using. Store in a jar.

"Fruit of the Spirit" Soup

Lima Beans for Love
Split Peas for Joy
Black Beans for Peace
Red Beans for Patience
Pinto Beans for Kindness
Navy Beans for Goodness
Lentils for Gentleness
Black-eyed peas for Meekness
Kidney Beans for Long-suffering

On the tag attached to the jar is the following: On a dark rainy day do you ever become depressed? Well, most folks do. You don't want to do anything but get in bed and cover your

head. Well, I have a suggestion for you. Let's make "Fruit of the Spirit Soup!" "But the fruit of the spirit is love, joy, peace, long-suffering, gentleness, goodness, meekness, temperance." Galations 5:22,23

Directions: Soak beans overnight. Cook as usual. Add in onion, a little garlic and your favorite seasonings.

MUSHROOM-BARLEY SOUP MIX

1/2 C dried barley
1/4 C dried mushroom slices
2 T dried onions, minced
1/4 C dried carrot slices
2 T dried parsley flakes
2 T dried dill
2 bay leaves
2 beef bouillon cubes, or 2 tsp. bouillon granules

Combine ingredients in a plastic bag, glass jar, or any tightly sealed container. Store in a dark, cool place.

TO USE: add to 1 quart boiling water and simmer until barley is tender. Remove bay leaves before serving.
Serves 4

Cream of Tomato Soup

1 t. Dried Tomato powder
1/2 C. boiling water
1 T. flour
1/2 C. milk

To make tomato powder, blend dried tomatoes in food processor. Add powder to water and simmer. Add flour to milk and stir. Add flour/milk mixture to water and tomatoes. Simmer and stir to prevent scorching.

CREAM OF TOMATO SOUP MIX

3 Cup dried tomato slices
1/2 Cup dried milk powder
1 Tbl sugar
1/2 tsp. salt
1/4 tsp. ground cinnamon

Powder tomato slices in a blender or with a pestle. Add remaining ingredients. Store in a plastic bag, glass jar, or any tightly sealed container.

TO USE: add to 1 1/2 quarts boiling water and simmer 10 minutes. Add 1 teaspoon butter or margarine after cooking. Serves 4 to 6.

MINESTRONE

4 beef bouillon cubes, or 4 tsp. bouillon granules
1/2 C dried onion, chopped
1/2 tsp. dried garlic, minced
1/2 C dried navy beans
1/2 tsp. dried oregano
2 bay leaves
6 peppercorns
1 C dried tomatoes, sliced or chopped
1 C dried celery slices
1 C dried carrot slices
2 C dried green beans
2 T dried green pepper
1 tsp. salt

Combine ingredients and store in tightly covered container.

TO USE: add to 4 quarts boiling water and simmer over low heat 2 to 3 hours, until beans are tender. Remove bay leaves and peppercorns before serving. Serves 8 to 10.

CREAM OF MUSHROOM SOUP MIX

1 Cup dried mushrooms
1/2 tsp. dried onion
1/2 tsp. dried lemon rind, grated
3 Tbl all-purpose flour
1 tsp. salt

1/8 tsp. pepper
1 Cup dried milk powder

Combine all ingredients and store in a tightly covered container.

TO USE: stir into 1 1/2 quarts boiling water. Cook, Stirring constantly until smooth and thickened. Cover and cook over very low heat 20 to 30 minutes. Serves 4.

CREAM OF MUSHROOM SOUP by Vikki Kinmont & Claudia Axcell

1/3 Cup dried mushrooms, sliced thin and chopped fine
Or 1.5 cups wild or fresh mushrooms, chopped fine.
1/3 Cup dried milk powder
2 Tbl whole wheat flour
2 tbl nutritional yeast
1 tsp. dried onion flakes
1 tsp. parsley flakes
dash nutmeg
1 tsp. salt
dash pepper
1 teaspoon oil

Combine all ingredients and store in a tightly covered container.

Put all ingredients into cold water and oil, and stirring frequently, bring to a boil. When it comes to a boil, put on lower heat and simmer for 10 minutes more, stirring occasionally. Serves 2

Instant Creamy Cheese Cup of Soup

This delicious soup can be made just like the popular soup-in-a-cup mixes, but you make your own.

Prep Time: 5 minutes

Ingredients:

- 1 (1.5-ounce) package four cheese sauce mix
- 1 tablespoons chicken or beef bouillon granules
- 1/2 teaspoon pepper
- 2 teaspoons dried thyme leaves

- 1 (1.5-ounce) package vegetable flavor broth mix
- 1/4 cup dried parsley flakes
- 2 cups dried milk powder
- 1 cup powdered coffee creamer
- 1 cup dried minced vegetables

Preparation:

Combine all ingredients in a medium bowl and mix well. Store in tightly sealed 1/2 pint jars in a dark, cool place.

To use, combine 1/3 cup of the soup mix in a 2-cup mug. Add 1 cup boiling water and stir well. If you have access to a microwave oven, you can combine the soup mix with water, then microwave for 1-2 minutes until boiling, then let stand 1 minute before serving.

Mix makes about 12 servings of soup.

Creamy Mushroom Soup

Creamy Mushroom Soup uses dried mushrooms, bouillon cubes, evaporated milk, and dried herbs and spices to make a soup during disaster situations.

Prep Time: 10 minutes

Ingredients:

- 1 ounce dried mushrooms
- 3 cups boiling water, divided
- 1 cube beef bouillon
- 1 tablespoon dried onions
- 2 tablespoons cornstarch
- 1/8 teaspoon pepper
- 1/2 teaspoon dried thyme leaves
- 1 (13-ounce) can evaporated milk
- 1/4 cup grated Parmesan cheese

Preparation:

Place mushrooms in saucepan and cover with 1 cup boiling water. Let stand for 10 minutes, or as long as package directs. Process mushrooms as directed (sometimes you are asked to remove the stems).

Place saucepan on medium heat and stir in remaining water and beef bouillon and dried onions. Bring to a boil, then simmer for 5 minutes.

Add cornstarch, pepper, and thyme and heat until soup thickens. Add milk and heat again until soup almost comes to a simmer. Top with Parmesan cheese and serve. Serves 3-4

Potato and Swiss Cheese Soup
not an instant version

2 (32 oz. or 4-16 oz. cans) cartons Chicken Broth
2 lbs. Yukon Gold potatoes sliced thin
1 yellow onion, sliced thin
1 qt. heavy cream
1 Cup. shredded Swiss cheese
½ Cup. Parmesan cheese
1/4 Cup. real bacon bits
2 Tbsp. green onions, diced

Pour chicken broth into a pot, and put in sliced potatoes and onions. Cook on medium heat for about 20 minutes or until potatoes are tender. Add the remaining ingredients and simmer for approximately 20 minutes.

Corn Chowder

2 Tbsp. Butter ***or butterbuds***
1 Onion, diced ***or equivalent dried***
1 Cup. diced Potatoes ***or equivalent dried***
1 tsp. Salt
Dash of Pepper
2 package of freeze dried Corn or 2 cups dried (Harmony House or Packit)
2 Cup. Milk ***or 1/2 cup powdered milk & 1 1/2 cups water***
2 Tbsp. Oscar Meyer canned Bacon Bits

In a large pot add potatoes 2 cups water, salt and pepper. Melt butter in large skillet, chop onion finely and add to butter. Saute onions until they are soft and transparent. Cook until potatoes are tender. Add onions, corn, and milk to this, and bring to a full boil. Add bacon bits and more seasonings if you like.

if you are using the dried products, rehydrate first and be ready to add some additional water for the soup. Use a bit of olive oil to saute the onions.

WISCONSIN POTATO CHEESE SOUP(backpacking style)

Serving Size : 8

1 1/2 teaspoons ButterBuds
1 1/2 teaspoons Salt
2 Tablespoons Dried Chopped celery
1/4 teaspoons Pepper
3 Tablespoons Dried Chopped onions
1 dash Paprika
2 cups Diced dried potatoes
8 oz Shredded cheddar cheese
3 cubes Chicken boullion
Croutons
1/2 cup dried Milk
Fresh chopped parsley (opt)
5 cups water

In a large saucepan, mix butter with a cup of water and add celery and onion over medium-high heat until tender. Add potatoes and broth and 2 cups water. Cover and simmer until potatoes are tender, about 6-12 minutes. Stir in the rest of the water, dried milk, and seasonings. Add the cheese and heat only until melted. Top with croutons and garnish with parsley if desired.

Seafood Chowder **from LORAX modified by SARBAR**

Put in a quart freezer bag:
1/2 cup instant mashed potatoes
1/2 cup dry milk
1 Tbsp butter powder
1 tsp Old Bay seasoning blend
A couple shakes celery seed or celery flakes

Also take 1 3-ounce pouch each of shrimp and crab meat (or substitute clams).

In camp:

FBC method:
Add the seafood and 2 cups near boiling water to the bag. Stir well, seal tightly and put in a cozy for 5 to 10 minutes.

Insulated mug method:
Add the seafood and 2 cups boiling water to the dry ingredients in your mug. Stir well, cover tightly and let sit for 5 to 10 minutes.

One pot method:
Bring 2 cups water to a boil in your pot. Turn off your stove and add in the seafood, then dry ingredients. Stir well, cover tightly and let sit for 5 to 10 minutes. In cooler temperatures use a pot cozy to retain heat.

Serves 1 to 2 as a side soup/lunch or a large 1 person meal.

Notes:
Old Bay can be found in the seafood section of your meat department. Celery seed and celery flakes in the spice aisle. For the seafood, pouches are not always easy to find, use what you can find or the tiny cans with pop tops. Even flavored Albacore can be good.
Parmesan cheese and black pepper is also nice!

Dry Onion Soup Mix
I wonder how much money Lipton's has made since they introduced this 50 years ago? Yours costs less than 1/3 of the brand name mix. This also makes a great rub for roasts or crock-pot meats, and of course that traditional California onion dip.

7 oz beef bouillon granules
1/4 c instant unsweetened tea powder
adds color and tang without more salt
1/2 teaspoon Pepper
1 1/2 cups dry minced onion
1/4 cup onion powder
1/4 cup parsley flakes
1/8 cup onion salt
2-4 tablespoons Kal or Red Star nutritional yeast
1-2 teaspoons ground celery seed
1-2 tablespoons sugar

Combine in order listed, mix very well but do not use blender. Keep the mixture in an airtight container such as a zippered plastic baggie with the air pressed out. Makes 2 cups (equivalent of 8 envelopes). 1/4 cup mix equals 1 envelope commercial soup mix.

TO USE: Soup-1/4 cup mix to 4 cups boiling water. Stir well until powder is dissolved. Onion dip- 4-5 tablespoon to 1 pint of sour cream or plain yogurt.

Variations These ingredients are optional but tasty:
1-2 tablespoons dried mushroom powder or 1/4 cup chopped dried mushrooms
Chicken: Use chicken bouillon
Vegetable: Use vegetable bouillon

Cup of Vegetable Noodle Soup

1/3 cup vegetable flakes (dried tomatoes, celery, onion, zucchini, onion, peas, broccoli and carrots)**
1 tablespoon cracked wheat (bulger
1 tablespoon thin spaghetti, broken up
1/4 teaspoon dried parsley
1/4 teaspoon dried sweet basil
pinch garlic powder
pinch onion powder
salt and pepper to taste

Make vegetable flakes by putting dried vegetable mix in a blender and pulsing until smaller than pea-sized).
Combine in order listed, mix very well but do not use blender. Divide the mixture into 2 airtight containers such as zippered plastic baggies with the air pressed out. Makes about 1/2 cup (equivalent of 2 cup a' soups). 1/4 cup mix equals 1 serving of commercial soup mix.
Place dried ingredients in a preheated thermos or other covered container. Pour 1 cup boiling water over dry ingredients.

Generic Dried Instant Soup Mix (Cuppa Soup Powder)- Bulk Recipe with Variations

3 tablespoons split peas,small lentils, or bean flour
OR 6-8 tablespoons any bulk instant bean/pea flakes
2 tablespoons fine bulger OR cracked wheat or instant rice
1/4 cups dry vegetable flakes**
1 tablespoon unhulled sesame seeds
1 tablespoon sunflower seeds
2 tablespoons nutritional yeast
1/2 teaspoon Salt
Crush seeds and peas to a fine powder in blender, add rest of inngredients and pulse till mixed. Store airtight. Shake to redistribute ingredients each time you remove a serving.

Soup:

1 1/2 tablespoons soup powder
1 cup boiling water

Combine soup powder and boiling water in a covered container. Let stand several minutes before eating.

Instant Noodle Soup Mix
2 tablespoons chicken-flavored instant bouillon
1 tablespoon dried mixed vegetable flakes *(salad sprinkle is good in this)*
1/2 teaspoon garlic powder
1 tablespoon dried parsley flakes
1 tablespoon dried onion flakes
1/2 teaspoon poultry seasoning
1/8 to 1/4 teaspoon pepper
1/2 package ramen noodles, broken into 1" pieces If you have time to cook it, for the ramen noodles you can substitute:
4 oz. (one cup)broken vermicelli or tiny soup noodles

In small bowl, combine all seasoning ingredients; mix well. Spoon into small plastic bag or container; add pasta. Shake and seal.
You can turn this into a kitchen gift-in-jar! Make it with the regular noodles, package in a sealed Mason jar, tie on a gift card" "To make Holiday Soup- in four-quart saucepan combine seasoning, pasta, and 6 cups water. Bring to a boil over medium heat, stirring occasionally. Cook over medium heat 5-7 minutes, or until pasta is of desired doneness, stirring frequently. Yield: 5, one-cup servings. May add one cup cooked cubed chicken, turkey or vegetables to the soup.

Instant Potato Soup Powder
12 servings

1/4 cup (about 2 ounces) chicken bouillon granules
3 cups instant mashed potato flakes, packed
2 tablespoons instant minced onions
3 tablespoons dried green onions
1 teaspoon white pepper
1/4 cup bacon bits, real or soy; crumbled well (Optional)
1 tablespoon parsley flakes
1/2 tablespoon dill weed
1/2 teaspoon thyme
1 cup instant milk powder
1 teaspoon turmeric (OPTIONAL)

**Bulk dry vegetable blends:
Selection: prices for dried vegetable blends range from $10 to $20 per pound in the bulk or herb

department of your natural foods grocery or at camping supply stores. Avoid those with corn or potato chunks, they don't rehydrate instantly. Dried "Salad sprinkle" with greens and sesame seeds is a nice addition or variation. Some stores also carry dried tomato broth or cream soup powder.
Storing dry soup mixes: shelf life is reduced when veggies are powdered. (More surface area exposed to the air.) Vacuum sealing should prolong storage, as will freezing or refrigerating. However, you may not want to make up a lot of powdered mixes at one time for the best results. Once you have all of your ingredients on hand to make mixes, then make small batches. Try making enough to last for about a month or so, until you get a good idea of how long they will stay 'fresh'.

Use 2 tablespoons white bean flour per cup of liquid for thin soups or just to add flavor and color, 3 tablespoons for medium-thick and 4-5 tablespoons for thick soups, stews or gravies. Whisk into soup stock, or use hot water flavored with 1 teaspoon meat-based or vegetable soup base per cup of water. Cook and stir 3 minutes. Blend after cooking, if desired, for a creamier soup. For pea and lentil soups, use only 1 tablespoon flour per cup of liquid for thin soups, 2 tablespoons for medium and 3 tablespoons for thick soups.

Easy Crock Pot Potato Soup

1 30 oz bag frozen diced hash browns
1 30 oz box chicken broth
1 can cream of chicken soup
1 8 oz pkg of cream cheese
3 oz bacon bits
1 cup shredded cheddar cheese

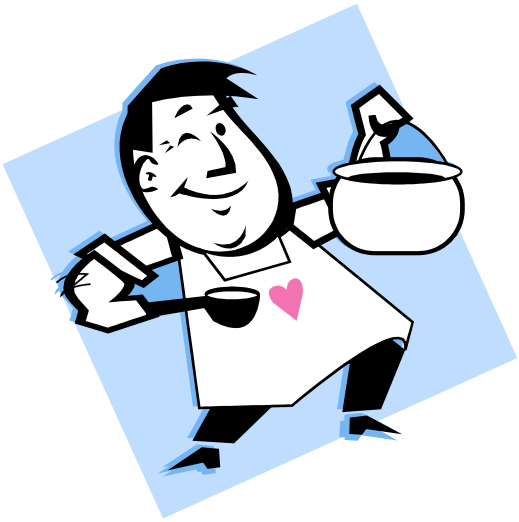
Put potatoes, broth, soup and ½ bacon bits in crock pot. Cut up cream cheese and add. Cook on low for 8 hours.
Top with cheddar cheese and rest of bacon bits.

Chili

¾ to 1 lb. Ground beef
1 can kidney beans, drained
1 can great northern beans, drained
2 15 oz petite diced tomatoes
15 oz can tomato sauce
¼ cup minced onion
2 tsp chili powder

1 tsp salt
1 tsp ground cumin

Brown beef and drain, Put all in Dutch oven to heat for about an hour or so.



ONE POT DINNERS

The idea is to create a stew or casserole in one pot. A mixture of starches, proteins, vegetables, and spices or a delectable sauce can become a grommet feast. The following recipes are examples. Use the Chart to help create your own specialties.

One pot dinners can be easy to prepare with a little thought before hand. Which foods need to cook longer? - Start them first. How much water is needed? - Is the pot big enough?
Try to maintain texture in the food. Mush is mush and no amount of spices will dress it up.
Plastic freezer bags can serve for carrying and mixing items such as instant potatoes. Reduce the cleanup; add the boiling water to the bag and mix. This works with quick rice as well.

Directions:

1. Select and assemble your ingredients from the grocery store, camping outlet or food co-op. Amounts of each ingredient can be adjusted to suit individual preferences and appetites.

2. Determine the order of preparation based on the cooking times of each ingredient. Items with similar cooking times and methods may be dumped together in a plastic bag. Put the bulkiest or main items in a large bag, and put the other items in smaller bags and seal them. Place these smaller bags inside the large bag and seal it.

3. Check the instructions for each component to be sure you include any extra items such as butter, dry milk, etc. that are needed.

4. Decide how much water you need to start with based on what is needed for each ingredient.

5. Write instructions for each package in the meal down, based on the items determined above. Include order of preparation, cooking times, ingredients not included in the bags, etc.

6. Include the instructions for each package with the package. Include the instructions for the whole meal with the large bag, in addition to the instructions for that bag.

7. Label each bag
   i.e. Large bag can be labeled “dinner Day 3” with list of contents
   Orange drink, chicken soup, Mac & cheese, chocolate pudding
   Inside might include separate bags for drink, soup, and pudding. Instructions can be written on bags with a marker that will **NOT WASH** off or cut from boxes and placed in bag.

One Pot dinners take one from each column

BASE	VEGETABLE	MEAT	SAUCE	SPICE	TOPPING
Spaghetti	***fresh***	ground beef	cheese	oregano	nuts
Thin Spaghetti	carrots	can beef	sour-cream	herbs	toasted
Vermicelli	potatoes	can chicken	stroganoff	sage	sunflower
Capellini	summer squash	can turkey	spaghetti	basil	pumpkin
Fettuccini	onions	dried chipped beef	dry soup mix	salt, pepper	coconut
Macaroni Ribbons	cucumbers	can meat spread	miso powder	poultry seasoning	sesame seeds
Egg Noodles	***frozen***	stew meat	gravy mixes	garlic salt	margarine
Linguine	for short trips &	hard salami	curry	onion salt	cheese
Elbow Macaroni	cold weather	Vienna sausage	sweet & sour	chili powder	catsup packets
Rotini	***freeze dried***	SPAM	au jus	butter buds	bacon bits
Small Shells	peas	jerky	teriyaki	soy sauce	croutons
Juniorettes	gr. beans	***canned fish***		***bouillon***	dumplings
Pasta Nuggets	corn	clams	***thickeners***	chicken	
Kluski noodles		tuna	cornstarch	beef	wheat germ
Rigatoni	***home dried***	salmon	flour	vegetable	
Mostaccioli	onions	sardines	cornmeal	***mixes***	
Ziti	mushrooms	crab	**SOUPS**	chili	
Ready-cut Spaghetti	mixed vegetable flakes	shrimp	Cream of Mushroom	taco	dried fruit bits
Rotelle	soup blends	pepperoni	Tomato	sloppy Joe	raisins
Rainbow Rotini	pepper flakes	***freeze dried***	creamed corn		
Medium Shells	celery flakes	ham	Tomato juice		
Cous Cous	can onion rings	beef			
Acini di Pepe		chicken	Cheddar		
Rosmarina		shrimp	cheese		
A-B-C- noodles		dried fish	soup		
Rings		smoked fish			
Ramen noodles	chow mein noodles	bacon bar			

Quick Rice Rice-A-Roni Instant Potatoes Quick Grits	### Helper's Stuffing box mixes Mac & cheese rice & ### noodles & ###	**TVP** beef flavor chicken flavor			

Halfa Super *Dick Ross*
ONEPOT

1/2 package rice mix
1/2 summer sausage,
tortillas
1/2 can green beans
butter

Cook rice and add sausage and beans. Warp in tortillas. Makes 4-5 tortillas.

Turkey Vulture Casserole *PTC*
ONEPOT

2 cans turkey,
1 pkg. elbow macaroni
1 can cream of celery soup or package mix if backpacking
1 pkg. vegetable soup mix

Cook the macaroni, drain the water, saving 1 cup. Add the soup mix with the water, simmer for 2 minutes. Add the can of cream of celery soup and the canned turkey. Heat to bubbling and serve.

Cranberry dressing

Instant dressing about 6 oz in a closeable heavy duty bag.
1/4 cup of dried cranberries
1/4 cup chopped walnuts
orange zest

combine with 1 1/2 cups of boiling water

White Turkey Chili
crockpot or dutch oven

1 pound left over Turkey cut into 1/2″ chunks
2 Cups Chopped Onions or equivalent dried onions
2 Medium Green Bell Peppers -- seeded & chopped
2 Garlic Cloves -- minced
2 15.5 Oz Cans Great Northern Beans, -- drained & rinsed
1 Can Ready-To Serve Chicken Broth -- (14 1/2 oz)
1 Can Chopped Green Chiles, Drained -- (4.5 oz)

1 Jar Pace Salsa
1/2 Lb Monterrey Jack Cheese
1/4 Teaspoon Cumin

in a slow cooker Add all the ingredients. simmer, covered, about an hour or until sauce thickens slightly

Beaubian Beans *Philmont*
ONEPOT

1 can Pork and Beans or ½ cup of Pinto Beans (and more sauce then)
1/4 cup Brown Sugar
1/4 cup BBQ sauce
2 TBS. onion flakes
Mix all in one pot, remove can, heat for a few minutes until onions rehydrate. serve around campfire.

Frontier Dinner *Creamettes*
ONE POT

7 oz or 1/2 lb. package of Elbow Macaroni
1 can tomato soup
1 can Chili with beans

Prepare Macaroni by boiling till done, drain. In a large saucepan, blend chili and tomato soup; heat through, Add macaroni; heat through. 4-6 servings

Rice N' Chicken *Troop 928*
ONE POT

1-1/3 cups instant rice
2 Tbls. Dry onion flakes
1 can boned chicken
1/2 tsp. Sage
2 tsp. Instant bouillon

Boil 1-2/3 cups water. Add dry ingredients and can chicken. Simmer 5 min.
Variations: Tuna and dry mushrooms
2 servings

MacMoose *Alaskan Fair*
One Pot

1 box Mac-Cheese
2 Tbls Dried onion flakes
4 ounces ground Moose
1/4 cup milk or milk powder
1 tbls margarine

Brown the Moose meat and set aside. Boil water for the noodles. Add the noodles and boil for 7 minutes. Add the onion flakes when you put the noodles in. Drain the water after the noodles are done. Add 1/4 cup milk, cheese powder and 1 tbls margarine Add in the browned ground Moose.

If you don't have ground Moose, you can use Caribou, or ground beef if you are in a pinch.

Belly Stretcher
ONEPOT

15 oz can corned beef hash
10.5 oz can condensed cream of celery soup
1 cup milk
3/4 lb. elbow macaroni
2 Tbs. instant chopped onion
4 oz shredded process American cheese

Cook macaroni as directed on package. Drain. Stir in all other ingredients. Heat over medium heat until bubbly. stirring occasionally.
4 servings

Hawaiian Rice *Hula Spam*
ONEPOT

1 can (7oz.) Spam
1-1/3 cups instant rice
1/3-1/2 cup flaked coconut
margarine
sm can Pineapple optional

Melt 1 Tbls margarine in a frying pan. Add cubed Spam and ½ rice and brown slightly. Add

1-1/3 cups water and other ½ rice and bring to a boil. Cover and remove from heat for 5 minutes. Add coconut and toss to mix. Garnish with pineapple. 2 servings.

PHILMONT TRAIL Menus (each year changes)

All Meals are for four people

FD = freeze dried

BREAKFAST #1	**LUNCH #1**	**SUPPER #1**
Scrambled Eggs with Bacon Bits	Peanut Butter	Cheese Enchilada
Raisin Crunch Bar	Graham Crackers	Peas F.D.
Hash Browns O'Brien	Beef Jerky	Beef Bouillon
P.A.Orange Juice	Chunky Pineapple	Chocolate Pudding
Instant Cocoa	Grape Beverage	Lemon Lime Beverage

BREAKFAST #2	**LUNCH #2**	**SUPPER #2**
Hi Energy cereal	Tuna Salad Spreadables	Spaghetti with Meat Sauce
Banana chips	Saltine Crackers	Beef Noodle Soup
Orange Juice	Granola Cookies	Applesauce
Beef Sticks	Trail Candy	Bread Sticks
Instant Cocoa	Gatorade Beverage.	Lemonade Beverage

BREAKFAST #3	**LUNCH #3**	**SUPPER #3**
Oatmeal w/Peaches & Creme	Cheese Spread (B.F.)	Chicken Teriyaki
Apricot Nut Chews	Sesame Crackers	Chicken Soup
Instant Milk	Beef Jerky	Cheese Cake
Apple Juice	Cashew Almond Bar	Fruit Punch
Instant Cocoa	Cherry Beverage	

BREAKFAST #4	**LUNCH #4**	**SUPPER #4**
Food Bar (CA)	Ham Salad Spreadables	Lasagna with F.D. Beef
Dry Cereal	Wheat Crackers	Green Beans
Grape Juice	Chocolate Candy	Bread Sticks
Instant Milk	Cookies (PB)	Banana Creme Pudding
Instant Cocoa	Orange Beverage	Grape Beverage

BREAKFAST #5	**LUNCH #5**	**SUPPER #5**

Buttermilk Pancakes
Sliced Bacon
Maple Syrup
orange Juice
Instant Cocoa

Cheese, Sharp
Club Crackers
Chocolate Cookies
Raisins
Lemon Lime Beverage.

Chicken Noodle Dinner
With F.D. Peas
Chicken Bouillon
Cobbler, Apple
Cherry Beverage

BREAKFAST #6
Cereal Cream of Wheat
Granola Cookie
Instant Milk
Beef Jerky
Instant Cocoa

LUNCH #6
Peanut Butter
Ritz Crackers
Beef Sticks
Walnut Bar
Gatorade Beverage.

SUPPER #6
Beef Stroganoff
with wild Rice
Vegetable Soup
Corn F. D.
Mixed Fruit
Lemonade Beverage

BREAKFAST #7
Hi Energy Cereal
Orange Juice
Chunky Pineapple
Beef Jerky
Instant Cocoa

LUNCH #7
Turkey Spreadables
Wheat Crackers
Chocolate Candy
Fruit Punch

SUPPER #7
Chicken Rice Dinner
with Peas & Carrots
Chicken Cup-A-Soup
Apple Dessert
Orange Beverage

BREAKFAST #8	LUNCH #8	SUPPER #8
Oatmeal / Raisins	Cheese Spread (SM.)	Mashed Potatoes
Apple Slices	Beef Jerky	with F.D. Beef
Instant Milk	Rye Crackers	Pinto Beans
Beef Sticks	Fig Bar Cookies	Vegetable Soup
Grape Juice	Lemonade Beverage.	Lemon Pie w/Gram Cr.
Instant Cocoa		Fruit Punch

BREAKFAST #9	LUNCH #9	SUPPER #9
Western Omelet	Chicken Spreadables	Turkey Noodle Dinner
Hash Brown Potatoes	Club Crackers	with F.D. Peas
P.A. Orange Juice	Oreo Cookies	Chicken Noodle Soup
Oats & Honey Bar	Orange Beverage	Peaches & Creme Pie
Instant Cocoa		Lemonade Beverage.

BREAKFAST #10	LUNCH #10	SUPPER #10
Food Bar (FN)	Jalapeno-Sharp	Mac. & Cheese Dinner
Dry Cereal	Cheese	Onion Soup
Apple Juice	Ritz Crackers	Fruit Cobbler
Instant Milk	Pecan Bar (RB)	Bread Sticks
Instant Cocoa	Grape Beverage	Cherry Beverage

As you may tell, the above meals are a mixture of freeze dried (F.D.) and store bought foods. These are included as both a source of prepared trail meals and as suggestions for the possibility of doing your own from the grocery store.

Another Grocery Item is called **TVP** for **Textured Vegetable Protein**. This Soy based product is imitation meat such as BACOS®. The product can sometimes be found in the health foods or specialty sections. It can be found as “beef, ham, chicken, or bacon”. It is a lower cost substitute for Freeze dried meats. But I would always plan to add a well seasoned sauce. Or try to rehydrate in bouillon broth. Some **TVP** must be cooked, while others like BACOS® are ready to eat.

Urraca Stew *Philmont*
ONEPOT

Beef Stroganoff with Wild Rice Mix
Vegetable Soup Mix,
F.D. Corn
Bring 2 quarts of water to a boil in large pot. Add the soup and corn first to rehydrate, then the beef stroganoff. Cook until rice is done. (F. D. = Freezed Dried)

CousCous *Dennis A. Schmitt*
ONEPOT

1 cup Cous Cous
oil
onions
bullion
meat
vegetables
soy sauce
green pepper flakes

Cous Cous is coarsely ground Durum wheat which is pre-cooked. Use like you would rice. Bring to boil 1 1/2 cups of water or bullion, add 2 T. butter, and 1 cup of Cous Cous. Stir and cover, remove from heat and let sit 5 minutes. If you are adding dried onions or bell peppers, do so while bringing the water to a boil, use a little more water to rehydrate the dried food. Add a little margarine or soy sauce. Treat as a side dish or bed for vegetable. and meat. You can also serve with your favorite sauce poured over it, such as tomato sauce, cheese sauce, or gravy.
1 cup =~ 4 servings

Potato Soup *Dennis A. Schmitt*
ONEPOT

1 T. dried onion flakes
1 Box Betty Crocker Hash Brown Potatoes
1 tsp. dried bell peppers
dash cooking oil
crumbled bacon
dash salt and pepper.

Dump in large pot and cover with water. Boil and simmer for about 15 minutes, until potatoes are done. You can add ham hocks, Bacon, or hunks of SPAM if you want. Add road kill only if fresh. **serves 4-6**

Jerky Soup au jus *Tom Lipton*
ONEPOT

1 package Lipton Beefy Onion Soup Mix
5 strips Beef Jerky

Mix the soup mix with the amount of water listed on the package. Shred or cut into small bits the jerky strips and add to the soup. Simmer for about 15 minutes to get the meat to rehydrate a little. It will not return to steak, sorry. Add some more water if it gets too thick.
You can also add some instant rice or ramen noodles to bulk up the soup

Chicken Fried Rice *Matt Schmitt*
Two POT

2 cups cooked instant rice
margarine / oil 1 Tsp.
dried onion flakes
2-3 Soy Sauce packets, Chinese Rest. Supply
vegetable. mix peas & carrots
canned chicken 8 oz.
2 eggs or 2 Tbl egg mix

Boil water and cook rice with dried onion flakes, then fry in oil in large fry pan. Add soy sauce, vegetables and chicken. Break eggs over heated mixture and cook eggs as you stir. **Serves 4.**

Spanish Fried Rice *A traditional Spanish Chinese Dish*
Two POT

2 cups cooked instant rice
margarine / oil 1 Tsp.
1/2 cup Salsa
dried onion flakes
2 eggs or 2 Tbl egg mix

Boil water and cook rice with dried onion flakes, then fry in oil in large fry pan or GSI wok. Add Salsa. Break eggs over heated mixture and cook eggs as you stir. **Serves 4.**

Scoutmaster Stew *Richard Welch*
ONEPOT

1 can soup
1 can vegetables
1 can potatoes
1 can Dinty Moore
Open cans, slice the potatoes, put in pot, heat, eat with copious amounts of grunts and growls.

Macho Nacho
Reflector Oven

1 can Chili, no beans
1/2 cup shredded cheese
1/2 pk. tortilla chips

Spoon chili over chips. Sprinkle with cheese. Heat in microwave or reflector oven to melt cheese. Categories: Appetizer, Yield: 4

Tortilla Italliano *Milo Gomez*
SKILLET

1 can pizza sauce
grated mozzarella cheese
1 Tbs. cooking oil
flour tortillas 9"
pizza toppings, sausage, onion, mushroom.....

Cook the sausage, mushrooms, and onions. Place on the side for a minute. Oil skillet and put tortilla in the skillet and place the sauce, toppings and cheese on the tortilla. Put 2nd tortilla on top and heat for 2 minutes, flip and heat 3 minutes more or less. Cut into quarters or 1/8ths depending on if you are using small or large tortilla's.

Souper Rice *Minute Rice*
ONEPOT

1 can Cream of Mushroom soup
2 cups Minute Rice, uncooked
1 1/3 cans water or milk
Open cans, heat soup and water to a boil and add 2 cups of Minute Rice. Cover and set aside for 5 minutes. Fluff and serve. 4 servings.
Try other Cream Soups..

BBQ Rice and Beans *Minute*
ONEPOT

1-1/2 cups Minute Rice
1 small can Kidney beans, drained
2 Tbs. dried onion flakes
2 Tbs. dried Green Peppers
1 Tbs. oil
1-1/2 cups water
1 beef bouillon cube
1/4 tsp. garlic powder
1/2 cup barbecue sauce or 4-6 tubs from McD's or such.

Rehydrate onion flakes and green peppers in boiling water. Stir in beans, BBQ sauce, garlic powder, bouillon cube. Bring to boil. Stir in Rice and cover. Remove from heat. Stand 5 minutes Fluff with fork. serves 4-6.

Ute Park Pot *Philmont*
ONEPOT

2 1/4 cups elbow macaroni
3 tsp. salt
2 #27 cans whole tomatoes
salt and pepper
1 onion
1/2 lb. bacon
5 cups water

Dice the bacon and onions, fry bacon and onions until crisp. Boil the macaroni in salted water until al dente. Drain, add bacon, onions, and whole tomatoes. Stir, breaking up tomatoes. Bring to boil. Salt and pepper to taste.

Cypher Mine Soup *Philmont*
ONEPOT

Instant Chicken Noodle Soup or Ramen
Instant Potatoes
Chicken Rice Dinner with Peas & Carrots
Boil 2 quarts of water in big pot to sterilize spoons and cups. Remove utensils and add the rest, bring to boil. Add more water if too thick. If too thin, nuts. Try adding instant potatoes.

CHICKEN FETTUCCINI *Alfredo*
ONEPOT TOAST

1 pkg. Knorr-Lipton Fettuccini Alfredo
1/2 cup milk
1 T. margarine
1 T. onion flakes (optional)
1/2 lb. chicken.
2 qt. pot
Salt & pepper

Mix the Knorr-Lipton package with the milk, margarine. Cook according to directions on package.
Add the pre-cooked chicken and heat. If not pre-cooked, then cut the chicken into pieces and cook in fry pan with a little oil and seasonings. **serves 3 boys.**

Devil' Thumb Stew
ONEPOT

4 cups water
1 pkg. vegetable beef soup mix
1 box Mac and cheese
1 can tuna
1/2 cup instant rice

To boiling water add soup mix and macaroni. Simmer until macaroni is almost done. Add cheese and tuna- mix. Then add rice. Cook until macaroni and rice are done **Serves 4**.

Gooder Goulash *Dan and Pat*
ONEPOT

1 @ 5 oz. can water chestnuts
1 can chicken
2 pkg. ramen noodles,
chicken

Cook noodles as usual. At end, add drained water chestnuts and put stove on simmer. Add chicken and remove from stove. Stir and enjoy. Serves 2-3

Patrick J's Dindin *Patrick Jennings*
ONEPOT

1@ 4 oz. can chicken
1/4 lb. spaghetti
1 small can tomato paste
oil
3/4 cup instant rice
soy sauce
1 packet spaghetti sauce
spice mix

Boil 1 3/4 cups water, mix sauce, pasta, and spice. Add rice and chicken. Cover and remove from heat. Let stand 5 min. and eat.

The Rice Stuff *Dennis A. Schmitt*
ONEPOT

1 bag Success boil in bag rice
1 bag Campbell's instant vegetable soup mix
1 Tablespoon onion flakes
1 (4 oz) can chunk chicken
1 chicken bouillon cube

Boil the rice, set aside the cooked rice and with 1 cup of boiling water mix the bouillon, soup mix, and chicken. Pour over the rice. Season to taste. **Serves 2-3.**

ALASKA. GLOP. *Jerry Johnson From Gorp, Glop and Glue Stew 1982*

3 to 4 cups water
Noodles or rice (consult package directions for amount needed for desired bulk) Hard sausage, cut up (or freeze-dried meat)
Freeze-dried vegetables to taste
Dry onion, minced or chopped
1 package gravy
Salt, pepper, oregano, and thyme, to taste
Margarine
Cheese, chopped or slivered
Dried egg mix or freeze-dried eggs

Heat water, add noodles or rice (if instant rice is used, add toward end of cooking period). Add meat, vegetables, gravy mix, flavorings, and margarine, Boil till all ingredients are tender; stir occasionally to keep mix from sticking to bottom of pot. Shortly before serving, stir in enough cheese and powdered egg to thicken. Serve 2

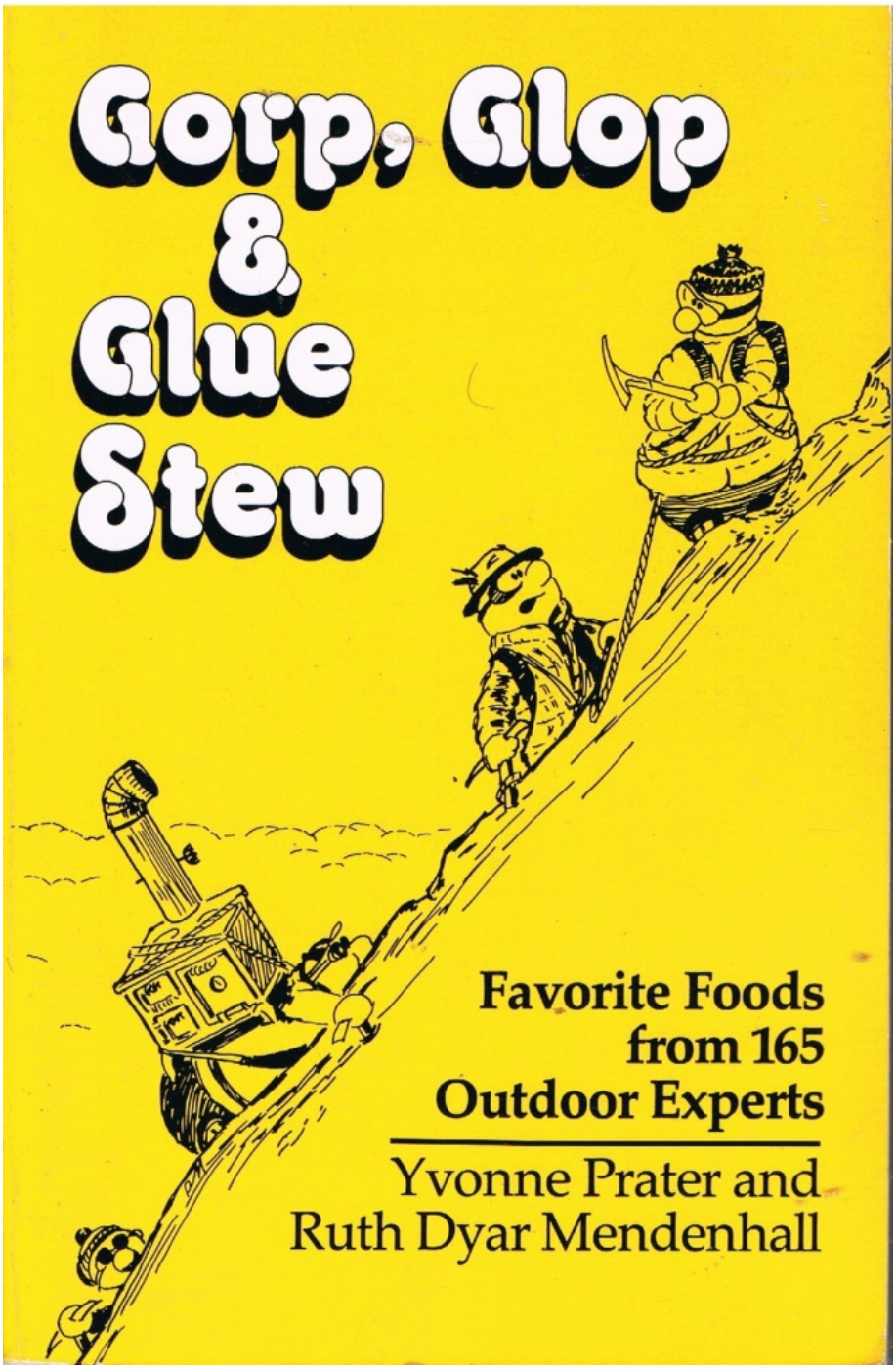
Scandinavian Macaroni

Chris Townsend *From Gorp, Glop and Glue Stew 1982*

2 cups water
1 cup quick cook macaroni (cooks in 5 minutes or less)
½ packet instant tomato soup mix (or 2 tablespoons of tomato puree)
1 clove garlic, peeled and crushed (or 1/8 teaspoon garlic powder)
1 tablespoon powdered milk (optional)
1/g cup grated cheddar or parmesan cheese
Dried basil and oregano to taste,
Pepper to taste

Bring water to boil, add macaroni and cook until tender. DO NOT DRAIN. Add soup mix, powdered milk, garlic and herbs. Stir well. Remove from heat. Stir in cheese and pepper. Serves 1.

Gorp, Glop & Glue Stew



Favorite Foods from 165 Outdoor Experts

Yvonne Prater and
Ruth Dyar Mendenhall

More ONE POTS

Mac and..... *Kraft*

1 box macaroni and cheese, 1 can of tuna, chicken, or turkey, 1 small can vegetable. Cook the macaroni and add some onion flakes, drain and add the cheese mix, add the can meat and vegetable., add pepper. Heat and eat. ~ **4 servings**

MAC and	**1 cup Meat**	**1 cup Vegetables**	**some EXTRAS**
	ground beef	stewed tomatoes	1 t. chili powder
1 box of	chicken	broccoli	2 t. mustard
Mac & Cheese	ham or SPAM	red pepper	1/4 cup Miracle Whip
	tuna	peas	1/4 t. Italian seasoning
	ground beef or turkey	peas & carrots	1/8 t. pepper

Just a Minute *Minute Rice*

ONEPOT

A cup of Minute Rice or other quick cooking rice can be made in a freezer bag. But add an equally quick instant soup mix and you can create a meal.

Rice	Soup Mix	Protein
1/2 cup Minute Rice	vegetable soup mix	can tuna
= 1 serving	onion soup mix	can ham
1 cup = 2 serving	chicken bouillon	can chicken
	gravy mix	TVP
	vegetable beef soup mix	can turkey

And More's based on KNORR-LIPTON packaged noodles and rice. Prepare noodles and rice as directed and add more..... **Serves 2-3.**
Knorr-Lipton Alfredo Carbonara *AND* 1/2 cup milk, 1 Tbl. margarine, 1 Tbl. onion flakes

Knorr-Lipton Alfredo *AND* 1/2 cup milk, 1 Tbl. margarine, 1 Tbl. onion flakes, 1 can chunk chicken.

Knorr-Lipton Cajun Style Rice & Beans *AND* 1 Tbl. onion flakes, 2 Tbl. margarine, 1 Tbl. dried green peppers, 1 package Tomato Cup of Soup Mix, 1 can shrimp.

Knorr-Lipton Stroganoff *AND* 1 Tbl. onion flakes, 1 package freeze dried (FD) beef, 1/2 cup milk.

Knorr-Lipton Chicken & Rice *AND* 1 package freeze dried (FD) chicken, or 1 small can chicken, 1 package Vegetable soup mix.

Knorr-Lipton Mushroom & Rice *AND* 1 package Pea Cup of Soup, 1/3 cup crumbled bacon or bacon bits.

Knorr-Lipton Chicken Broccoli & Noodles *AND* 1/2 cup milk, 1 Tbl. dried green peppers, 2 Tbl. parmesan cheese, garlic salt, 2 Tbl margarine.

Knorr-Lipton Beef Rice *AND* 1 package freeze dried (FD) beef, 1 Tbl. onion flakes.

Chunks *Campbell's*
ONEPOT

1 cup Quick Rice
1 can of Campbell's Chunky Beef Soup

Heated and served over rice. **Serves 2**

Green Goo *Dennis A. Schmitt*
ONEPOT

1 bag Success boil-in-bag rice,
2 packages Knorr-Lipton 's Green Pea Cup-of-Soup Mix,
1 T. onion flakes,
1 (4 oz) can Chunk Ham.

Boil the rice, set aside the cooked rice and with 2 cups of the boiling water mix the onion, soup mix and Ham. Pour over the rice. Season to taste. **Serves 2-3.**

Mexican Rice & Beef *Dennis A. Schmitt*
ONEPOT

1/2 lb. ground beef
4 whole scallions,
1+1/2 teas. chili powder
1 (8 oz). can tomato sauce
1/2 cup water,
3/4 cup Minute Rice

Brown beef & scallions, add tomato, water, chili powder. Bring to boil. Stir in rice, cover, stand for 5 min. Serve with tortilla chips. **Serves 4**
alternate: FD beef and dried onions.

Chili Mac *Mac Kool*
ONEPOT

1/2 cup dried beef
1 1/2 tsp. salt,
1 1/2 cups Macaroni
1/4 tsp. black pepper
2 T. chili powder
3 cup water

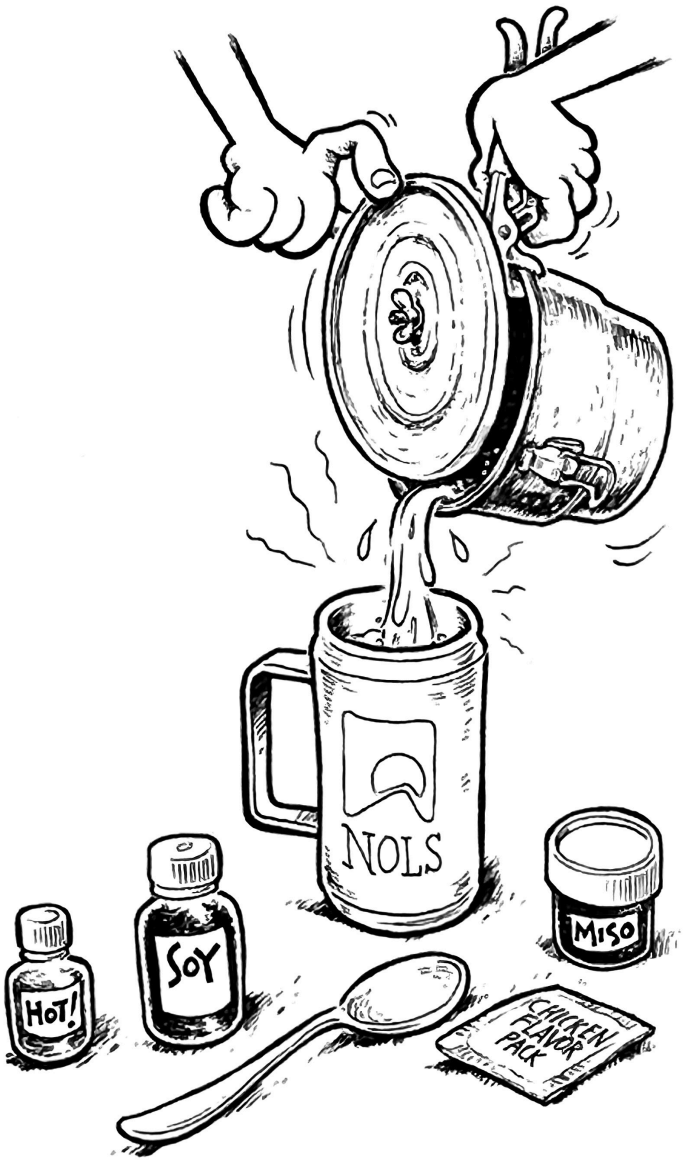
Bring to boil. Add 1 1/2 cups noodles and simmer 15 min. When done, stir in 1/3 cup powder milk and 4 T. margarine. Top with parmesan cheese or cheddar.

Beef Stroganoff *version 1*
TWOPOT

2 cups egg noodles
1/2 cup dried beef
2 tsp. salt
3 cups water

boil and simmer 15 minutes, Stir in sauce and 4 T. margarine.

2/3 cup powder milk
1 pkg. sour cream mix
1 pkg. stroganoff mix,
mix above with 1 1/2 cup water and simmer
Pour the sauce over the noodle and beef. Season as needed. Perhaps sprinkle with paprika.



Beef Stroganoff *version 2*
ONEPOT

1 package dried beef
1 small can sliced mushrooms
sour cream mix
2 T. dried onions
2 T. oil
1/2 teas. paprika
1 cup beef bouillon
1 T. Worcestershire sauce
tomato soup mix
1 1/2 cup Minute Rice

Mix all but the rice and bring to full boil. Add rice and cover and stand 5 minutes.

Sam's Salmon Sam Wadel

1 pkg Lipton Alfredo noodles
1 foil pack of salmon
1 pkg Knorr cream of spinach

Mix up the alfredo package with water in one pot and the cream of spinach in another. Heat the salmon. Present the noodles on your lexan plate and spoon the creamed spinach sauce over it. then lay a good piece of salmon on top. Serve with a sierra cup of wine (white or red).

Beef Stroganoff *Sarbar*
FBC
Serves one: 5.5 oz.
Combine in a quart-size Freezer zipperlock:
1 package beef flavored Ramen (including seasoning packet)
1/4 cup dehydrated ground beef
1/4 cup mixed dehydrated veggies
1 teaspoon paprika
Dash of cayenne pepper
Individual packet of cream cheese (equal to about a tablespoon; grab one at your favorite bagel shop)
Salt and pepper to taste

In Camp
Add about 1 1/2 cups boiling water to baggie. Squish it around and let it rest in a cozy for 10 minutes or so, until the burger is tender. Stir in cream cheese.

"It's in the bag" Chinese *Dennis A. Schmitt*
ONEPOT

1 can Chinese vegetables,
1 can bean sprouts,
Soy Sauce
1 can Chinese noodles
2 @ 4 oz cans of chicken
1.5 cups Minute Rice

Place rice in a large **2 qt. heavy freezer style zip lock bag**. Boil 1.5 cups of water and place in bag with rice, add Chinese vegetables, sprouts and chicken. Seal and let set 5 minutes. Serve over Chinese noodles and season with Soy Sauce.
No pot to clean... **serves 4-5**

Potato Soup *"needs Salt & Pepper"*
ONEPOT

1 cup potato buds
1/2 cup dry milk
2 beef bouillon
dried parsley and onions.

Boil 4 cups water, mix, bring back to boil and simmer couple of minutes.

Clam Chowder *"needs Salt & Pepper"* ***ONEPOT***

2 cups dried potatoes
3 cups water > can use hash browns
1 T. dried onions
parsley >cook potatoes, et etc., about 10 min.
1 cup dried milk
2 T. margarine >add the rest, stir and heat, **don't boil**
2 tbl flour for thickening
2 T. crumbled bacon
8 oz can minced clams >add more water if needed.

Agua Caliente *Phil Monte*

32 oz water
1 large pot

Carefully measure the water and place in the pot. Add your metal cups and spoons. Cover and place on stove. Lite the fire and bring water to a boil for 3 minutes. Remove utensils, placing them on a clean surface. Use the hot water for coffee or preparing food. Use leftover water for cleaning.

HOMEMADE CARAMEL

1 can sweetened condensed milk
1 lg. pot
Water

Put unopened can into pot, fill pot with water. Make sure water covers can. Let boil for 3 hours. Not a Backpacking recipe. Make sure water covers can at all times. Let cool. Open can.

Double Boiler method would be quicker, but you have to watch it more. You can add brown sugar and vanilla as well.

White Sauce

At Home:
2 Tbl. dry milk,
1 Tbl. Butter Buds,
1 1/2 Tbs. flour,
pinch salt into a bag.
At Camp:
>mix mixture and
1 cup water
1 1/2 Tbs. butter or margarine

melt butter and cook the mixture slowly 1-2 minutes, low heat. Stir until thick 4-5 minutes. Add spices or cheese for a sauce over rice or noodles,

Chunky Beef Over Rice *Campbell*
ONEPOT

1 can Campbell's Chunky Beef Soup
2 Tbs. Worcestershire Sauce
1 cup broccoli flowerets cooked
1 Success Rice, cooked
1 Tbs vegetable oil

In saucepan, combine soup, broccoli and Worcestershire sauce. Over medium heat, heat through, stirring often. Serve over rice. Yield: 2 servings

Chicken And Stuffing
ONEPOT or FBC

2 cup. water
1/4 cup. onion flakes
1 Tbsp. celery flakes
1/2 cup. chopped dried mushrooms
2 (6 oz.) cans chicken
1 bag stuffing mix with herbs and spices

Bring water to a boil, add onions, celery, mushrooms, and chicken. Break chicken into small chunks. Add stuffing mix. Remove from heat and mix well.
Serves four to six.

Cous - Cous Cluck - Cluck
ONEPOT

1 cup Cous-Cous
4 oz. canned chicken
chicken bouillon cube
water

Boil the water with the Cous-Cous and bouillon cube. Use enough water to cover the Cous-Cous. add the chicken after you have removed it from the can. Add seasonings.

Paramecium Alfredo *Dick Ross*
ONEPOT

Knorr-Lipton Alfredo Noodle mix **dry milk**
1 can chicken 4 oz **Broccoli**
butter **parmesan cheese (paramecium's)**

1/2 package Alfredo noodle mix, (with 2-3 Tablespoons dry milk and some extra parmesan cheese mixed in) 1 can 4 oz. chicken meat, fresh broccoli, butter. This all goes in one pot and cooks together. Add a Hard Roll.

Instant Refried Beans *Fantastic Foods*

1 1/2 cups instant refried beans **2 cups water**
1 Tbs. butter **cheese**

Boil water and add to beans in a bowl. Stir well, cover 5 minutes - ready to serve. Variations include adding butter and cheese. Use in Frijoles Dip with salsa and Monterey Jack cheese. Use on Nachos, Tostadas, or in Bean Burritos.

Pasta and Home-Dried Meat Sauce
From THE HUNGRY HIKER'S BOOK OF GOOD COOKING

1 lb. lean ground beef **1/2 cups chopped onion**
2 cloves garlic, chopped **2 Tbs. chopped parsley**
1 tsp. Salt **1/8 tsp. pepper**
12 oz. tomato paste **1 lb. thin pasta**

1/3 cups Parmesan cheese

At home: Brown the meat and onion together. Tilt the pan until the grease collects, then spoon it off. Add the garlic, parsley, salt, pepper, and tomato paste, and cook for 5 minutes. Spread the mixture as thin as possible in shallow, greased pans. Dry the sauce in the oven at 140 degrees F for about 6 hours, with the door propped open a crack. The dried sauce should be crumbly. Pack dried sauce, pasta, and Parmesan cheese separately. On the trail: Bring 6 cups of water to a boil. Add the pasta, boil again, and cook until almost done, 4 to 5 minutes. Add the dry sauce, heat to a boil again, stir, and simmer 5 minutes. Add more water if necessary. Top with cheese.

[Backpacker Magazine, January/February 1997]

I can Ham, and you can two *Dick Ross*
ONEPOT

"I" can ham 4 oz **Knorr-Lipton Alfredo Noodle mix**
dry milk **dried mushrooms**
butter **parmesan cheese**

1/2 package Alfredo noodle mix (left over from yesterday), (with 2-3 Tablespoons dry milk and some extra parmesan cheese mixed in), "I" can ham (4 oz.), dried mushrooms, butter. Hard Roll. Cook in that pot from yesterday.

Cimarroncito Carbonara *Philmont*
ONEPOT

2 1/4 cups elbow macaroni **1 pkg. white sauce mix**
1/4 cup powder milk **1/4 cup dried vegetable mix**
salt & pepper to taste **1/4 cup bacon bits**

Place the bacon bits in a separate plastic bag and all the other dry items in a larger plastic bag. In a large pot place the dry mixture and **5 cups water**. Mix well and bring to boil. Cover and simmer until macaroni is done. Add the bacon bits before serving or as a topping.

Cheeseburger Rice *Minute Rice*
ONEPOT

1 lb. ground beef **1 sm. onion, chopped**

1 1/2 cups water
2 T. mustard
1/2 tsp. Pepper
1 cup shredded cheese
1/2 cup catsup
1/2 tsp. salt
1 1/2 cups Minute rice

Brown meat and onions, drain fat. Stir in water, catsup, mustard, salt & pepper. Bring to boil. Stir in rice, cover. Remove from heat and let stand 5 minutes. Fluff with fork and sprinkle with cheese; cover. Let stand 3 minutes or until cheese melts. serves 4

Zastrow-roni *Philmont*
ONEPOT

2 1/4 cups elbow macaroni
1/4 cup powder milk
salt & cayenne pepper to taste
1/2 cup grated Parmesan cheese
1 pkg. taco sauce mix
1/4 cup dried vegetable mix
5 cups water

Place the cheese in a separate plastic bag and all the other dry items in a larger plastic bag. In a large pot place the dry mixture and water. Mix well and bring to boil. Cover and simmer until macaroni is done. Add the Parmesan before serving or as a topping.

RAMEN SUPREME

1/2 cup freeze-dried peas (or a dozen snow peas cut in half)
1/2 cup dehydrated mush-rooms (any variety)
1 Tbsp. dehydrated onions (or 2 whole scallions, chopped)
1/2 cup freeze-dried chicken (or one 12.5-ounce can of whole white chicken packed in water)
3 pkgs. low-salt, chicken flavored ramen noodles
1/4 cup slivered almonds

A good meal for the first night at altitude or after an especially long day on the trail. Rehydrate peas, mushrooms, onions, and chicken by adding hot water to the zipper-lock bag. Set aside for 30 minutes. Add more water if necessary. Bring 6 cup s of water to a boil. Break up the 3 squares of ramen and add to water along with the flavor packets. Cook for 3 minutes, stirring occasionally.
Add rehydrated items, stir, cover and let stand for a few minutes.

Add slivered almonds just before serving. Note: If using fresh ingredients, add these to boiling water with the ramen noodles. If using canned chicken, break this up on top of the ramen after you remove it from the stove. Set aside until chicken is warmed by ramen mixture. Serves four. Serve with a salad of snow peas, red pepper, and toasted sesame seeds topped with ginger-soy dressing.

GINGER-SOY DRESSING

1/8 cup soy sauce
1/8 cup seasoned rice wine vinegar
1/4 cup safflower oil
1 tsp. sesame seed oil (optional)
1 Tbsp. crystallized ginger, finely chopped

Pre-mix contents in a sealable plastic container, such as a Nalgene bottle.

CHICKEN CURRY OVER BROWN RICE

3/4 cup freeze-dried chicken (or one 12.5-ounce can of whole white chicken packed in water)
1/2 cup dehydrated mush-rooms (or 8 fresh ~ sliced at camp)
1/2 pkg. S & B Golden Curry Sauce

(or substitute 1 pkg. cream of mushroom soup mix and 1 to 2 tsp. curry)
1/8 cup dehydrated onions
1/2 cup freeze-dried peas
2 cubes chicken bouillon
1 Tbsp. crystallized ginger, chopped
1 Tbsp. butter or margarine
1 cup tropical fruit trail mix
1 cup brown rice per person

Rehydrate the chicken, mushrooms, onions, and peas by adding hot water to the zipper-lock bag. Add bouillon cubes and ginger to this mixture, and more water if necessary. Set aside for 30 minutes. Simmer 3 cup s of water. Add margarine and curry sauce and stir until thickened. Add rehydrated mixture.

Stir constantly, adding more water if needed for desired thickness. Serve over instant brown rice, figuring on at least 1 cup of cooked rice per person. Sprinkle with tropical fruit trail mix. Serve with a piece of pita bread and a garnish of sliced cucumber covered with ranch dressing made from powdered mix and a sprinkle of dill weed. Serves four.

LINGUINE IN CLAM SAUCE

1/2 cup dehydrated mush-rooms (or 8 fresh ~ sliced at camp)
3 Tbsp. olive oil
3 Tbsp. margarine
4 cloves garlic, chopped
2 pkgs. dried pesto sauce
4 ounce can chopped clams
1/2 cup grated Parmesan cheese
1/4 cup pine nuts

Hydrate mushrooms in the zipper lock bag by covering with hot water. Set aside for 30 minutes. Heat oil and margarine. Add garlic and sauté until tender. If using fresh mushrooms, sautee along with garlic. Add pesto sauce. Add clams and clam juice. Simmer until warm. Set aside. Cook linguine in salted, boiling water (follow directions on package, allowing 1 cup cooked noodles per person).

Drain. Add half of the Parmesan cheese to clam sauce, pour over noodles and stir. Save the remaining Parmesan cheese to sprinkle on top along with pine nuts.Serve this with a Caesar salad prepared from romaine lettuce, grated Parmesan, packaged croutons, and store-bought Caesar dressing (oil-based). Serves four.

Miner's Luck *Philmont Scout Ranch*
ONEPOT

1 can baked beans **1 can pork & beans**
1 can pinto beans **1 can Kidney beans**
1 strip of Bacon

Open Cans, Drain fluid from kidney beans and pinto beans. Cook the one strip of bacon. Add all the beans into one pot and add the cooked bacon. Heat to a boiling point.
The **LUCK** is the one miner finding the bacon in his share.

Macaroni Hot Dish

1/2 cup corn oil
1 (8 oz.) pkg. elbow macaroni.
1 small onion, chopped
1/2 green pepper, chopped 1 clove garlic, minced
1 1/2 tsp. Worcestershire sauce
3 cups tomato juice
salt & pepper

Heat oil in heavy skillet over medium hot coals. Add macaroni, onion, green pepper and garlic. Sauté in oil until macaroni turns yellow. Add Worcestershire sauce and tomato juice; season with salt and pepper to taste. Bring to a boil, stirring occasionally. Reduce heat, cover and simmer for 25 minutes.

Campfire Stew

2 lb. hamburger or 4 cups leftover meat
6 Tbs. cooking oil
1 cup macaroni, cooked
2 onions, sliced
3 15 oz cans kidney beans
2 cans (1 lb. each) tomatoes
salt and pepper to taste

Brown onions and meat, drain fat. Combine the rest of ingredients, adding water and salt and pepper.
Simmer 20 minutes.

Chicken & Dumplings

1 1/2 cups water
1 chicken bouillon cube
1 teaspoon powdered milk
1/2 cup FD mixed vegetables or vegetable soup mix
1 small can of chicken
2-3 tablespoons water
1 tablespoons oil or margarine
1/3 cup Bisquick or homemade biscuit mix

At home: Package the baking mix in a large, tough plastic bag.

In the field:

Bring water to a boil. Add bouillon cube, powdered milk, vegetables, and chicken. Add a teaspoon of the biscuit mix to couple of teaspoon of cold water to make a thin liquid to thicken the above.

Dumpling

Put a 1 Tbs. oil or margarine into the bag, and slowly add enough water to give the mixture the consistency of dough. You may have to mix it with your hands or nead the plastic bag.

Drop "pinches" of the biscuit dough into the pot. Cook for about 15 minutes.

Hearty & Spicy "Baked" Ziti **5-Minute Meal**

By Mitch Mandel in BP Magazine

2 cups uncooked ziti
1 clove garlic
1 fresh jalapeño pepper
1 cup cured hard sausage or salami
4 tablespoons olive oil
1 cup white cheddar, Monterey Jack, or other cheese, grated
1 tomato
1 zucchini

At home Pack pasta in a zipper-lock bag. Pack olive oil in leak proof bottle.
In camp Cook pasta al dente. Drain, cover, and set aside. While you're waiting, mince jalapeño and garlic (to cut down on the heat, discard the pepper seeds). Cut sausage, tomato, and zucchini into ¼-inch cubes. In your largest pot, heat 1 tablespoon of olive oil. Add garlic and jalapeño and cook over medium/low heat until soft and fragrant (about 3 minutes). Add sausage, tomato, and zucchini and stir while cooking another 3 to 4 minutes. Remove from heat and add veggies, meat, and cheese to the pasta. Mix well. Cover and let stand for 3 minutes. Serves 2.

ChesyChili Rice *Minute Rice*
ONEPOT

1 can Chili with beans
1 sm. onion, chopped
1 1/2 cups water
1 can stewing Tomatoes
1/2 tsp. salt
1 1/2 cups Minute rice
1/2 tsp. pepper
1 cup shredded cheese

Bring to boil the chili, tomatoes, onions, and water. Add salt and pepper. Simmer 5 minutes. Stir in rice, cover. Remove from heat and let stand 5 minutes. Fluff with fork and sprinkle with cheese; cover. Let stand 3 minutes or until cheese melts. Serves 4

Wrappitup Chili Rice *Minute Rice*
ONEPOT

1 can Chilli with beans
1 sm. onion, chopped
1 1/2 cups water
1/2 tsp. salt
1 1/2 cups Minute rice
12 Tortillas
1/2 tsp. pepper
1 cup shredded cheese

Bring to boil the chili, onions, and water. Add salt and pepper. Simmer 5 minutes. Stir in rice, cover. Remove from heat and let stand 5 minutes. Fluff with fork and place 2 Tablespoons of the mix on each tortilla. Sprinkle with cheese; roll, Close with a toothpick or eat them up. serves 4

Cheesy Baco Spuds *June Fleming*
ONEPOT

1 1/2 cups potato flakes
1/2 cup dry milk
1 packet Butter Buds
1/2 cup Bacos
1 Tablespoon parsley flakes
1 Tablespoon dried onion flakes
1/2 teaspoon salt and pepper
1 package powder cheese

Mix in 3 cups, Boiling water, cover, sit 1 minute. serves a lot...

Make Your Own Mixes

Hamburger Helper

Brown one pound (more or less to taste-you know how much they eat and what you can get away with) of ground beef in large skillet.
Stir in 2 cups pasta or 1 cup rice or 2 cups sliced potatoes (dried is fine) and 2 cups water (use 1 cup water if using fresh potatoes) and 1/4 cup butter or margarine and one of the sauces mixes below. Remember, part of the advantage here is that you can adjust to your own tastes. If some of the spices are unpopular in your family, use some that you like. These are just a few ideas to get you started.

Cheeseburger Macaroni

Use macaroni and 1/4 cup this mixture "
4 1/2 cups dehydrated cheese "
2 2/3 Tbsp powdered milk
"2 2/3 cups flour
"2 tsp onion powder

Stroganoff

Use noodles or potatoes and 1/3 cup of the following mixture. Stir in 1/4 cup sour cream just before serving. (1/4 cup fresh or canned sliced mushrooms may be used in place of dried, but put them in when you cook, not when preparing the mixture for storage.)
"4 cups powdered milk
"4 cups flour
"2 cups minced onion
"1 cup beef bouillon
"1/4 cup onion powder
"4 cups dried mushrooms
"2 Tbsp celery salt

Pizza Spins

Use wheel shaped pasta, one can tomato sauce and 2 Tbsp of Italian seasoning or the following mixture
1/4 cup crushed basil leaf
1/4 cup ground oregano
2 Tbsp garlic powder
1/2 cup parsley

Helper Mix

Posted: Bellaragazza

Date: August 21 2001 at 8:11 PM

Homemade "Helper" Mix

2 cups nonfat dry instant milk
1 cup cornstarch
1/4 cup chicken, beef, ham, or vegetable bouillon powder
2 Tbsp onion flakes
1 tsp dried basil
1 tsp dried thyme
1 tsp black pepper
2 Tbsp dried parsley
1 Tbsp garlic powder

Yields: 3 1/2 c "Helper" Mix (approx).
Mix the ingredients together and store in an airtight container or ziplock for up to 3 months without flavor/seasoning loss. Keep the mix on had for a quick, economical, and as a tasty base for dinner.

Depending on taste, use 1/4 to 1/2 c of the "Helper" Mix for 1/2 lb of beef/hamburger or the equivalent of some other meat/fish/vegetarian protein. (Yields: 2 - 4 servings). Reconstitute with 3/4 to 1 1/4 cup boiling water.

* Hint: RE: Bouillon seasonings:
1) Use beef seasoning with ground beef/hamburger, TVP/TSP, tofu (& can be used for ground chicken/turkey).
2) Use chicken seasoning with chicken/turkey, tofu, & TVP/TSP.
3) Use ham seasoning with Spam, bacon/sausage/pork, tofu, TVP/TSP.
4) Use vegetable seasoning with any fish, tofu, TVP/TSP.

*Note: TVP/TSP = Texturized Vegetable Protein/Texturized Soy Protein. To get this to rehydrate properly, add boiling water & 1/2 to 1 tsp vinegar, lemon juice, or ketcup.

To create a 1-pot/bag (freezer ziplock) dinner:
1) Start with the Helper Mix (See "Hint" above).
2) Use with dried Ground Beef/Hamburger, Tofu (dried; plain/marinated), TVP/TSP*, Canned/ Fresh Fish (dried), Canned Meats (dried), Chicken/Turkey (ground/cubed/strips/shredded & dried), other Dried Meats/Jerkies; Dried grain-legume-veggie leathers.
3) Add @ least 1/4 c dried vegetable bits/flakes. In addition or as a variation: think about adding dried tomatoes/sauce/paste.
4) Add a precooked/dehydrated complex carbohydrate (grains &/or legumes) or 2:
pastas, cooked/dried potatoes (au gratin, hash browns, scalloped, mashed, etc), stuffing mix, couscous, millet, barley, rice, wheat berries, quinoa,; legumes (lentils, split peas, beans, etc).
5) Add additional seasonings/flavorings:
a) Mexican - cumin, chili powder, cayenne, cilantro, etc.

b) Italian - onion, oregano, basil, parsley, etc.
c) Cheese (variety; fresh/powdered), sauces, gravies, dry soup mixes, etc.

Example # 1 (1-pot/bag)
Dinner Entree

Taco Beef

Reconstitute ground beef & add 1 Tablespoon oil. Add: 1/4 cup of the "Helper" mix, 2 Tablespoon dried onions, 1 to 1 1/2 cup boiling water, 8 oz can tomato sauce (dried), 1 1/2 cup dry noodles, 1/4 - 1/2 tsp chili powder, 1/4 tsp cumin, 1/4 to 1/2 tsp dried crushed red pepper. Bring to a boil. Reduce heat & simmer for 15 min, stirring until thickened. Stir in: 1 cup Sharp Cheddar & 1 cup Monterey Jack (powdered cheeses/fresh) 5 min before serving & allow cheese to melt.

Example # 2 (1-pot/bag)
Dinner Entree

Tuna Rice

3/4 - 1 1/4 cup water
1/4 cup + 1 tsp "Helper" Mix
3/4 cup quick cooking rice (or cooked/dried rice)
dried tuna fish
1/2 pkg dry gravy or white sauce mix
To the tuna, add water, rice, "Helper" Mix, & gravy. Bring to a boil and stir. Cover and let simmer 15-20 minutes. Stir occasionally. If the rice sticks to the pan, add more water. Uncover and simmer until excess water has evaporated.

Variations:
1) Substitute dried salmon or another meat or alternative.
2) Add fresh or 1/4 cup dried veggies of your choice.
3) Substitute for rice (cooked & dried): bulgur wheat, couscous, millet, quinoa, barley, wheat berries, or a pasta, etc.
4) Add cheese.

Spanish Rice

Use rice, a small can of tomato paste, and 2 Tbsp of the following mixture

1/4 cup minced onions (chopped, dried onions work well)
4 Tbsp chili powder
3 Tbsp salt
4 tsp cornstarch
3 tsp cumin
3 tsp crushed red pepper
3 tsp chopped green pepper (dried)
2 tsp beef bouillon
1 1/2 tsp oregano

Notice that if you have a dehydrator, you can dry some of your own ingredients-like chopped onions and peppers. This can save a LOT of money if you buy these items on sale and dehydrate what you can't use right away. By mixing the dried items, you can save time preparing meals and most of the mixtures will last several months in airtight containers.

This is from Trish burt@inetnebr.com on the getolist.
I often find myself realizing that I have 30 minutes to get dinner ready for my husband and two hired men on our ranch ("Oh My! Is it that time already!") Here are some super-fast dinner ideas. They can be faster if you brown 3 - 5 #'s of hamburger at a time (drain and rinse with hot water to get rid of some fat), then put in 3 - 5 ziplock freezer bags and freeze for later! At dinner time, boil some noodles/macaroni/pasta or rice/minute rice. Make a white sauce (in your favorite cookbook) with flour/butter and milk. I love to add chicken bullion granules to my sauce (adds lots of flavor, but sodium, too). Mix white sauce, hamburger, and noodles or rice for a simple supper. Other additions: sautéed onions or onion powder, leftover cooked veggies, leftover meat, mushrooms. Heat everything together in skillet on stovetop, or casserole in oven or microwave.

Instead of white sauce use: cream of whatever soup (mushroom, celery, etc). To soup add: sour cream and/or cheddar (or whatever) cheese with your hamburger and no pasta or rice. Eat this in a tortilla shell).

Or add spaghetti sauce or canned tomatoes/tomato sauce to your hamburger and rice/pasta. To your spaghetti sauce add: sour cream; or sour cream & cottage cheese & mozzarella cheese (tastes like lasagna); or sautéed onions, mushrooms and chopped olives.

Don't forget to add some leftovers if you think they'll "fit" (clean out & organize that fridge).

For something different, bake some cornbread in a casserole dish and top with your hamburger concoction, or top your hamburger casserole with Pillsbury (or store brand) refrigerated biscuit dough.

Chicken-Flavored Rice Mix

4 cups Uncooked Long Grain Rice
1 teaspoon Salt
2 teaspoons Dried Parsley Flakes
4 tablespoons Instant Chicken Bouillon
2 teaspoons Dried Tarragon
1/4 teaspoon White Pepper

Combine all ingredients in a large bowl. Stir until evenly distributed. Put about 1 1/3 cups into three 1-pint containers and label as Chicken-Flavored Rice Mix. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 cups of mix.

CHICKEN-FLAVOURED RICE: Mix 1 1/3 cups CHICKEN-FLAVOURED RICE MIX with 2 cups cold water and 1 T butter or margarine in a medium saucepan. Bring water to a boil over high heat. Cover and reduce the heat and cook for 15 to 25 minutes, until liquid is absorbed.

Makes 4 to 6 servings.

Vegetarian Rice Mix

4 cups Raw Long-grained Rice
2 teaspoon Salt
4 teaspoons Onion Flakes
4 teaspoons Red Pepper Flakes
3 tablespoons Instant Vegetarian Bouillon
4 teaspoons Celery Flakes
4 teaspoons Green Pepper Flakes

Combine all ingredients in a large bowl; stir until well blended. Put about 1 1/2 cups of mix into 3 1-pint containers and label as Vegetarian Rice Mix. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 1/2 cups of mix.

Vegetarian Rice: Combine 1 1/2 cups mix, 2 cups cold water, and 1 T butter or margarine in a medium saucepan. Bring to a boil over high heat; reduce heat and cover. Cook for 15 to 25 minutes, until all liquid is absorbed.

Makes 4 to 6 servings.

French Dressing Mix

1/4 cup Sugar
1 teaspoons Dry Mustard
1/8 teaspoon Onion Powder
1 1/2 teaspoons Paprika
1 1/2 teaspoons Salt

Combine all ingredients in a small bowl; stir until well blended. Put mixture in a foil packet or 1-pint glass jar and label as French Dressing Mix. Store in a cool, dry place and use within 6 months.

Makes enough mix (5 Tablespoons) for 1 1/4 cups of French Dressing.

VARIATION: Sweet Italian Dressing: Increase sugar to 1/2 cup. Substitute 1 T celery seed for paprika. French Dressing: Combine 1 pkt of mix, 3/4 cup vegetable oil, and 1/4 cup vinegar in a glass jar. Shake until well blended. Chill before serving.

Makes about 1 1/4 cups of French dressing.

Onion-Flavored Rice Mix

4 cups Uncooked Long Grain Rice
1 tablespoon Parsley Flakes
2 pk (1 1/4 oz) Onion Soup Mix
1 teaspoon Salt

Combine ingredients in a large bowl; stir until well blended. Put about 1 1/3 cups of mix into three 1-pint airtight containers and label as Onion-Flavored Rice Mix. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 cups of mix

Onion-Flavored Rice: Combine 1 1/3 cups ONION-FLAVORED RICE MIX, 2 cups cold water, and 1 T butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes, until liquid is absorbed.

Makes 4 to 6 servings

Mexican Rice Mix

4 cups Raw Long Grain Rice
4 teaspoons Salt
1 teaspoons Dried Basil
1/2 cup Green Pepper Flakes
5 teaspoons Parsley Flakes

Combine all ingredients in a large bowl; stir until well blended. Put about 1 1/2 cups of mix into three 1-pint airtight containers and label as Mexican Rice Mix. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 1/2 cups of mix.

Mexican Rice: Combine 1 1/2 cups of mix, 2 cups cold water, and 1 T butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes, until liquid is absorbed.

Makes 4 to 6 servings.

Cajun Spice Mix Recipe large batch

1/4 pound kosher salt
1/2 cup chili powder
1/2 cup Spanish paprika
2 Tbsp onion powder
1/3 tsp cumin
3/4 tsp cayenne pepper
1-1/2 Tbsp dried thyme
2 Tbsp coarsely ground black pepper
2 Tbsp dried basil
2 Tbsp dried oregano
2 Tbsp ground coriander
1/2 tsp white pepper

Mix all ingredients together and place in a jar for storage. Store in a cool, dark place for up to four months.

Cajun Seasoning Mix
4 tablespoons batch by Mirj

2 teaspoons white pepper
2 teaspoons garlic powder
2 teaspoons onion powder
2 teaspoons cayenne pepper
2 teaspoons paprika
2 teaspoons ground black pepper

In the container of a blender or food processor, combine all the ingredients, and process on high speed until reduced to a fine powder. Transfer to a container with a tight fitting lid and use as desired.

Cajun Seasoning Mix by srooc1

4 teaspoons salt
4 teaspoons paprika
3 teaspoons garlic powder
3 teaspoons ground pepper (Fresh)
2 1/2 teaspoons onion powder
1 1/4 teaspoons cayenne pepper
1 1/2 teaspoons dried thyme
1 1/2 teaspoons dried oregano

Combine all ingredients in small bowl and mix thoroughly
Store in Air Tight Container or Spice Jar.

**another* Cajun Seasoning* by Elmotoo
Lower Sodium

2 1/2 tablespoons paprika
4 teaspoons dried oregano
1 teaspoon salt
1 teaspoon garlic powder
1 teaspoon black pepper
1 teaspoon cayenne

Combine all ingredients in a small jar & shake well.

DRIED ONION SOUP MIX

1/2 tsp Onion powder
1/2 tsp Salt
1/4 tsp Sugar
1/4 tsp Kitchen Bouquet
1/2 cup Dried onions, chopped/minced

In small bowl, combine onion powder, salt, sugar. Add Kitchen Bouquet and stir until seasonings are uniformly brown. Add onion and mix thoroughly until color is again even. (This step takes several minutes.) Makes 1/2 cup mix which is equivalent to one 1/5 ounce envelope of dried soup mix. Store unused mix in the refrigerator.

Homemade Taco Seasoning Mix

6 tsp chili powder
5 tsp paprika
4 1/2 tsp ground cumin
3 tsp onion powder
2 1/2 tsp garlic powder
1/4 tsp cayenne pepper
1/4 tsp salt

stir together and store in air tight cont. I then use 2 - 3 tbsp of it in place of the store bought mix.

Fajita Seasoning

4 tbsp chili powder
2 tbsp grnd cumin
2 tsp grnd oregano
2 tsp garlic salt

Stir well and store air tight.....use as you would the pkts....using 2-3 tbsps of mix instead.....
I like to use left over meat, chicken, turkey, steak or roast. I cut the meat in strips then put it in the pan with strips of onion and gr pepper. Then add 2-3 tbsp of fajita seasoning and just a couple tbsp of water. Cook fast on a high heat... add only a little water if needed, a tbsp at a time until the veggies are tender enough. Then place on flour shell with cheese and what ever you like....YUM!

Cooking with coals..

Coals are produced in two ways. Charcoal comes in bags not suited for backpacking but great for car camping. Place the Bag in a 5 gal. Bucket to keep dry. The other method is producing coals from a wood fire. Hardwoods make better coals than softwoods such as pine. Twigs do not produce coals very well, if at all. 1 1/2 - 2 inch thick limbs make better coals. They are small enough to burn down, and large enough to make coals. The cooking can be done directly on the coals using foil wrapped food or Dutch Oven, or use a grate over the coals. The temperature can be determined by holding the back of your hand over the coals. Allow 30-40 minutes to get the coals ready before cooking.

		8" cast iron 12" coals				
Approximate Temperature	**Type of Fire**	**Under / Top**		**Under /**		**Seconds over fire**
250-325 degrees	slow	2	4	3	5	6-8
325-400	Medium	3	5	4	6	4-5
400-500	Hot	4	6	5	7	2-3
> 500	Very Hot	5	7	6	8	1

All Dutch oven cooking is done by hot coals, never in a flaming fire. The coals may be from hardwoods like oak and hickory or from charcoal. Hardwoods yield long-burning coals, which are necessary for the lengthy cooking process in most Dutch oven recipes. Soft woods like pine are unsatisfactory.

Charcoal is more convenient to use and is necessary in areas where there is no downed hardwood. Use a firepan under the coals to prevent killing ground cover. The pan can be metal or plywood with a thick layer of mineral soil (sand). Three or four stones can be used to prop up the pan above the ground.

The amount of charcoal needed will vary with the weather (wind and temperature)

Turkey and Stuffing Pie
DUTCH OVEN

Categories: Dinner, Dutch oven
Yield: 6

2 cup prepared stuffing
1 cup shredded Swiss cheese
2 can chunk turkey (5 oz)
1/2 cup milk
3 eggs

Preheat Dutch oven. Pat stuffing evenly into 9-inch pie plate to form crust. Building up sides to form rim. Sprinkle turkey and cheese evenly over stuffing. In small bowl, beat together milk and eggs; pour over turkey. Bake 35 to 40 minutes or until knife inserted near center comes out clean. Let stand 5 minutes before serving.

Guadeloupe Chili Pie
Dutch Oven Cooking

2 lb. ground beef
1/2 tsp. chili powder
1 med. onion, sliced
1/2 tsp. salt
1 Tbs. margarine
1 8-oz can tomato sauce
1 15-oz can chili beans
1 6-oz package cornbread mix

Brown beef and onions in the margarine in open Dutch oven. Add beans, chili powder, salt, and sauce; cook for 15 minutes in covered oven.
Mix the cornbread as directed and add to top of meat and beans. Place lid on oven. Cook for 20-30 minutes, until cornbread is done. **Serves 8 persons.**

Lasagna Pie
Dutch Oven Cooking

1/2 cup creamed cottage cheese
1 can (6 oz) tomato paste
1 lb. Ground beef
1 cup milk

1 cup shredded Mozzarella cheese
1/2 cup Bisquick Baking mix
1/2 tsp. Salt
2 eggs
1/2 tsp. Dried oregano

Grease a 9" Dutch oven and line with aluminum foil. Spread the cottage cheese in the bottom of the Dutch oven. In a separate pan cook the ground beef and drain the grease. Stir in 1/2 cup mozzarella cheese, salt, oregano, and tomato paste; Then spoon over cottage cheese. In a bowl or heavy plastic bag stir the milk, Bisquick, and eggs until well blended. Pour into Dutch oven. Bake for 30-35 min. or until knife inserted in the center comes out clean. Sprinkle with remaining cheese. And Bake 1-2 min. to melt cheese. **8 servings**

Chicken and Stuffing Bake
Kroger
DUTCH OVEN

4 cups Pepperidge Farm Herb Seasoned Stuffing
Paprika
margarine
6 Skinless Boneless chicken breast halves
1/3 cup milk
1 can Campbell's Cream of Mushroom soup
1 Tbs. Chopped parsley

Mix stuffing with 1 cup boiling water and 1 Tbs. Margarine. Spoon the stuffing across the center of 4 qt. Dutch oven. Place the chicken on each side of stuffing. Sprinkle the chicken with paprika. Mix soup, milk and parsley and pour over the chicken. Bake at 400 degree heat for 20 minutes and then open top a bit and bake additional 10 minutes. Serves 6.

Chili Pie
Hormel
DUTCH OVEN

4 cups corn chips
1 @ 19 oz can Name brand Chili
2/3 cup chopped onion
1 1/2 cups shredded Colby or Cheddar cheese

Layer 2 1/2 cups of corn chips; onion; 1/2 cup cheese and chili in 1 1/2 quart casserole or Dutch oven. Top with remaining corn chips. Bake at (375) about 25 minutes. Top with remaining cheese and bake 5 minutes longer. Garnish with sour cream and ripe olives, etc.
Serves 4-5 or one Scoutmaster

Chili Rice Casserole
Hormel
DUTCH OVEN

3 cups cooked rice
1 (19 oz) can plain chili
1/2 cup onions, chopped
3/4 cup crushed corn chips
4 oz cheddar cheese, shredded

Place rice in buttered baking dish or Dutch oven. Spread half the onions and crushed corn chips over the rice. Heat chili and pour over rice. Top with remaining cheese, onions and crushed corn chips. Heat in at ~375 for 25 minutes. **Serves 4-6.**

Kit Carson Pie
Philmont
DUTCH OVEN

2 lb. lean ground beef
1 onion
2 pkg. sloppy Joe seasoning mix
2 6 oz. cans tomato paste
2 cups water
1 16 oz. pkg. refrigerator biscuits

Brown the beef and onion. add seasoning mix, tomato paste and water. Stir and bring to boil. Place the biscuits over the mixture and bake for 15-20 minutes or until biscuits are brown.
Serves 4-6 or one Scoutmaster

Corn Casserole
Kelly Hall
Dutch Oven

1 can creamed corn
1 can whole kernel corn
1 stick melted margarine

1 (6 oz) package cornbread mix
1 (8 oz) carton sour cream

Mix all ingredients together. Bake at 350 degrees for 30 minutes. serve with crackers.

Harvesters Meat loaf *InterNet*
DUTCH OVEN

Harvesters Meat loaf, which was served at the recent Share Our Strength Taste of the Nation benefit, is a specialty of Ohio Grange Cafe, 1915 Westheimer. Owners Smoot Hull, a native Texan, and Patrick Markey, from Fostoria, Ohio, and chef Michael Frietsch chose a Midwestern heartland theme for their second restaurant, which opened in November 1996 (they also own Empire Cafe).

2 shallots
2 ounces each: crimini and button mushrooms
1 cup milk
6 slices fresh white bread, crusts removed
3 tablespoons
2 pounds ground beef chuck
1 pound ground pork
2 teaspoons salt
1 bunch fresh chives, diced
2 large eggs
Ketchup
1 teaspoon each: ground black pepper, onion and garlic powders

Preheat oven to 350 degrees. Purée shallots and mushrooms in food processor; set aside. Combine bread and milk in large mixing bowl, and mash with hands until milk is absorbed and mixture has a smooth texture. Heat butter in skillet and sauté shallot-mushroom purée about 3 minutes until tender.

In large mixing bowl, combine mushroom mixture, bread, chuck, pork, salt, pepper, onion and garlic powders, chives and egg; mix by hand until evenly blended. Transfer mixture to a 9-by-5-by-3-inch loaf pan and pound on table to remove any air bubbles. Cover with foil. Bake about 1 hour until slightly browned on top. Remove foil and glaze top with ketchup.

Return to oven and bake 10 minutes more, until browned. Remove from oven and let rest 15 minutes before slicing. Serve with additional ketchup. Makes 4 to 6 servings.

Ann Landers' Meat loaf From Chronicle files.
DUTCH OVEN

2 pounds ground round steak
2 eggs
1 1/2 cups bread crumbs
1/4 cup ketchup
1 teaspoon flavor enhancer
1/2 cup warm water
2 strips bacon (optional)
1 (8-ounce) can tomato sauce
1 package onion soup mix (Knorr-Lipton 's specified)

Preheat oven to 350 degrees. Combine meat, eggs, crumbs, ketchup, flavor enhancer, water and soup mix and mix thoroughly. Place in loaf pan; cover with bacon strips if desired. Pour tomato sauce over all. Bake 1 hour. Serves 6.

Turkey Spinach Loaf
DUTCH OVEN

Stephanie Bergman of the National Turkey Federation says this is one of the Federation's most popular recipes.

1 (10-ounce) package frozen spinach, thawed and well drained
5 tablespoons Dijon-style mustard, divided
1 pound ground turkey
1 (2-ounce) jar chopped pimentos, drained
1/2 cup seasoned bread crumbs
1/2 cup grated mozzarella cheese
1/3 cup chopped onion

Combine turkey, spinach, crumbs, onion and 4 tablespoons mustard in medium bowl. Spray a 9-inch pie plate with nonstick spray. Shape turkey mixture into a 6-by-4-inch loaf in pie plate. Bake at 350 degrees 50 to 55 minutes or until meat thermometer inserted in center of loaf registers 160 degrees and juices run clear; remove from oven.

Spread remaining 1 tablespoon mustard over top of loaf and top with pimentos and cheese. Return to oven and bake 4 to 5 minutes or until cheese is melted. Cut into slices to serve.

Makes 6 servings, each: 201 calories, 18 grams protein, 8 grams fat, 63 milligrams cholesterol, 10 grams carbohydrates, 708 milligrams sodium.

Easy Potato Soup
Bank of Winnfield, Winnfield, LA ***Dutch Oven***

1 (16 oz) bag frozen hash browns
1 (10 3/4 oz) Cream of Celery Soup
1 cup chopped onion
1 (10 3/4 oz) Cream of Chicken Soup
1 (14 oz) can chicken broth
2 cups milk
3 cups water
Salt and Pepper to taste

Combine frozen hash browns, onion, chicken broth and water in dutch oven and simmer 30 minutes. Use less water for thicker soup. Stir in undiluted soups, milk, salt and pepper. Heat thoroughly. Serves 10-12.

"Musty Ham Loaf" From the NewsPaper
DUTCH OVEN

This recipe came from a mother-in-law. She got this from a small paper in Oklahoma. It takes more effort than most of us would go to these days, but is well worth it on special occasions.

We had our minister over for Sunday dinner and he said, "Mrs. Evans, this meat is musty." I thought, "Oh dear, what did I do wrong?" Then he said, "I just musty have some more." -- Helen Evans

Ham Loaf
InterNet
DUTCH OVEN

1 pound each, ground: lean pork roast and cured ham
2 cups fine soft white bread crumbs
1 egg, beaten
1/4 cup milk
1 teaspoon salt
1/8 teaspoon freshly ground black pepper
3 tablespoons melted butter
1/4 cup brown sugar

3 slices pineapple
3 maraschino cherries (optional)

Ask butcher to grind meats. (Lean ground pork, available in the meat section, can be substituted for the pork roast.) Mix meats, crumbs, egg, milk, salt and pepper.

Preheat oven to 350 degrees. Pour butter into a 9-by-5-by-3-inch loaf pan. Add brown sugar; arrange pineapple slices in bottom of pan. Place a cherry in the hole in each slice. Fill pan almost to the top with meat mixture. Any extra meat can be baked in a separate pan.

Bake about 1½ hours, until browned. Remove from oven and let sit in the pan until cool enough to invert onto a serving dish. When it is turned out, pineapple and cherries will be on top.

Variations: Use a round pan or casserole and decorate with shapes cut from pineapple and cherries for Halloween, or use candied pineapple and cherries for Christmas. "

Add your own Dutch Oven Recipe here

Dinner Items: Foil Meals

Hot meals are great but who wants to wash dishes. Try these **Foil meal ideas** or try a seal-a-meal or freezer zip bag in boiling water .

Drugstore wrap: *Not Drug Rap..*

1. Cut 2 pieces of lightweight foil or 1 piece of heavy-duty foil, twice the circumference of the item to be wrapped.
2. Place food in middle of foil, shiny side in. Food must be moist or add 4 T. of fluid.
3. Bring opposite sides of foil together, and fold 1/2 inch, repeat turning down to item.
4. Flatten top of package, Fold corners of open ends in and roll ends in small folds into center. The edges must seal to keep steam in.

Boy Scout Potatoes
B. Powell?
FOIL

Potato
Carrot
Small onion
Salt & Pepper
margarine

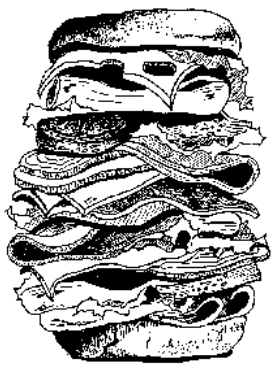
Slice the Potato into 1/4 inch slices. Peal and slice the onion and carrot. Place in the middle of a drugstore foil wrap with salt, pepper, & a dollop of margarine. Add 1 Tbs. water. Seal the Wrap and place on coals for 45 minutes to a hour.

Baked Apple ***FOIL***

1 apple per person,
1 tablespoon brown or white sugar per apple

Wash apple. Cut a slice off the top, remove the core, and put the sugar in the hollow. Wrap in foil. Cook in hot ashes about 1/2 hour. Add cinnamon if wanted. Add some crumbled granola bar as topping.

Mountain Melts
FOIL



Rolls (any kind)
Meat (thinly sliced)
Cheese (sliced)
Mustard

Cut and butter rolls. Fill to taste with cheese, meat, and mustard. Wrap each roll in foil. Place rolls on the edge of the coals or on grill above the coals for about 1/2 to 1 hour.

Complete Meal (Hobbie) ***FOIL***

Meat, seasoned to taste
Potatoes
Other vegetables

Cut meat, potatoes, and other vegetables into bite-size pieces. Divide the ingredients into individual portions on pieces of foil. Wrap each portion carefully. Cook in hot ashes about 1 to 2 hours. Serve, in foil.

Pi-Chee Ham
Ed Bailey
FOIL

1 can candied yams
1 can SPAM,
a pat of butter
dash brown sugar

Slice SPAM into a double or triple layer foil pack. Put in candied yams, the SPAM, a pat of butter and sprinkle some brown sugar on top. Seal the pack and heat on the coals for eight minutes a side. Tastes like candied ham and yams.

Caramel Apple ***FOIL***

1 apple per person,
3 caramel cubes per apple

Wash apple. Cut a slice off the top, remove the core, and put the caramels in the hollow. Wrap in foil. Seal good. Cook in hot ashes about 30 minutes.

Sue's Goulash

Ed Bailey
FOIL

1/2 cup of Minute Rice
canned chicken, beef, or chopped ham
dried onion flakes
dry seasoning, or gravy ingredients

Form three (3) sheets of foil into a bowl shape. Put in the bottom, sprinkle and mix dried onion flakes, dry seasoning, or gray ingredients. Add some canned chicken, beef, or chopped ham. Pour in 1/2 cup water. Seal and place on coals for 15 minutes.

Cheese Potatoes in a Parcel *Annette Wolter*
FOIL

1 Med. Potato, peeled and sliced
2 oz. Cheese cut in cubes
1 slice Bacon, diced
3 slices onion, separated into rings
1 Tbs. Butter or Margarine
salt, pepper, paprika

Use a double thick piece of heavy duty foil. With a little oil, lay the potatoes on the foil, distributing the slices evenly, and season with a little salt, pepper, and paprika. Scatter the cheese and bacon and onion rings evenly over the potatoes, sprinkle the butter pieces on top. Fold the foil to form a parcel, closing the edges carefully.
Cook the cheese potatoes over a charcoal grill for 50 minutes, turning the parcel repeatedly.
You can use dried diced onions and dried bacon, but add a few Tbs.(4-6) water.

Wieners in foil *Ed Bailey*
FOIL

Wieners
Foil
mustard
onion
cheese
pickle relish

Place wieners in double heavy foil and spread with one or more of the following: Mustard, fine chopped onion, cheese strips, pickle relish. Wrap tightly and cook over coals for 10 min., turning once.

Quick Rice *Minute*
Bag

1/2 cup Minute rice

Place 1/2 cup Minute rice in a heavy freezer zip lock bag, add 1/2 cup boiling water to bag, Wait 3 minutes. Makes 1 serving 3/4 cup cooked. Add butter buds and salt. Multiply recipe by # of serve. **No pot No mess**

Rice on the Coals
FOIL

1 1/2 cups minute rice
1 1/2 cups water
1 T. margarine
1/2 tsp. salt
dash pepper
4 tsp. instant bouillon

Place two sheets of foil (14" sq.) on top of each other in a cooking pot. Press into a bowl or pouch. Add ingredients and seal tightly. Remove from pot and place on coals for 15 minutes. serves 4

Sauced Dogs *Ed Bailey*
FOIL

1/2 LB hot dogs
1/2 cup cheddar cheese
1 hard boiled egg
2 Tbs. chili sauce
1 Tbs. pickle relish
1/2 tsp. mustard
1/2 tsp. garlic salt

At home, grind together: 1/2 lb. hot dogs, 1/2 cup mild cheddar cheese. Add 1 chopped hard boiled egg, 2 T. chili sauce, 1 T. pickle relish, 1/2 tsp. mustard, 1/2 tsp. garlic salt. At camp

spread this mess, I mean mixture, on buns. Wrap in double heavy foil. Heat on coals 10 min. (serves 3-4)

Foil Baked Fish *Ed Bailey*
FOIL

filleted fish
onion
salt & pepper
lemon
tomato

Lay out a strip of heavy doubled foil and butter generously. Lay out a filleted fish on the foil. Sprinkle with salt and pepper. Cover with onion rings, lemon slices, tomato slices. Seal tightly with foil and place on a grill over the coals. When steam balloons the foil prick it once. A large filleted fish is ready to eat in 20-30 minutes. **Chef's secret**: If your fish tend to be dry, add a can of tomato sauce.

Veggies on the Barbie *Ed Bailey*
FOIL

potato
sweet potato
corn on cob

Foil wrapped potatoes will take about 45 min.-1 hr. depending on size. Prick the Tatter to keep from exploding. Sweet potatoes, yams, large onions in foil = 45 min.-1 hr. Foil wrapped corn on the cob, 25-45 min. depending on maturity of the corn, not the boy.

Sweet, Sweet Potatoes (3-4 ser.) *Ed Bailey*
FOIL

1 can sweet potatoes
margarine
maple flavored syrup

Remove completely the top from a 18 oz. can of sweet potatoes. Strip off Label. Drain some of the liquid into a cup, and add 1/4 cup maple flavored syrup and 1 T. margarine. Return liquid to cover the sweet potatoes. Cover can with foil. Place on a grill or near coals and heat until bubbly, about 20 min.

Baden Baked Sliced Potatoes *Ed Bailey*
FOIL

potato
margarine
foil
salt, pepper, garlic salt

Scrub and cut potatoes into thick slices. Use one potato per person. Do not peel the potatoes. Place each one on a double sheet of heavy foil. Add 1 T. margarine. Sprinkle with garlic, onion salt and pepper. Seal and bake on the grill, turning often for a hour. or 15-20 minutes on coals.

Drumsticks *Dian Thomas*
Stick & Foil

1 lb. hamburger
1 cup cornflakes
1 egg
1/2 chopped onion
salt & pepper
1 tsp. mustard
1 Tbs. ketchup

Crush the cornflakes and mix with all the rest of the ingredients, except egg shell. Warp a handful around a green stick and wrap aluminum foil around meat and stick. cook 20 - 30 min. over bed of coals, turning slowly. Makes about 6-7 drumsticks.

Foiled Onions *Ed Bailey*
FOIL

Large onion
Margarine
salt & pepper
bacon
foil

Peel a large onion and cut in half. Place a pat of margarine on the cut side and sprinkle with salt and pepper. Top with a half strip of bacon on each half onion. Wrap each in double heavy foil and seal tightly. Bake on coals 35-45 minutes. (1 onion for 2 persons)

Hot Chicken Sandwiches *Ed Bailey*
FOIL

1 can boned chicken
1 cup chopped celery
1/4 cup sliced ripe olives
1/4 cup shredded jack cheese,
1/4 cup mayonnaise
1 tsp. dry onion flakes
hamburger buns

Combine 1 can boned chicken, 1 cup chopped celery, 1/4 cup sliced ripe olives, 1/4 cup shredded jack cheese, 1/4 cup mayonnaise, 1 tsp. dry onion flakes, and spread on hamburger buns. Wrap in double heavy foil and heat over coals 15-20 min.(serves 3-4)

Beef Patty with Mushroom Gravy *Reynolds Wrap*
FOIL

4 sheets (12x18-inches each) Reynolds Wrap® Heavy Duty Aluminum Foil
1 pound lean ground beef
1/3 cup ketchup
¼ cup Italian style bread crumbs
Salt and pepper
1 jar (12 oz.) beef gravy
1 jar (4.5 oz.) sliced mushrooms, drained
1 teaspoon dried basil
2 cups frozen cut green beans OR 1 can (15 oz.) cut green beans, drained

Hot cooked egg noodles

PREHEAT oven to 450°F or grill to medium-high. Combine ground beef, ketchup, bread crumbs, salt and pepper. Form into four patties; flatten to 1/2–inch thick.

PLACE one beef patty on each sheet of Reynolds Wrap Heavy Duty Aluminum Foil. Combine gravy, mushrooms and basil; spoon over each patty. Arrange beans around patties.

BRING up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets.

BAKE 22 to 24 minutes on a cookie sheet in oven OR

GRILL 14 to 16 minutes in covered grill. Serve with noodles.

Number of Servings: 4

Nutrition Information:
(Per Serving) calories 552
grams fat 21
milligrams cholesterol 123
milligrams sodium 1575
grams carbohydrates 61
grams protein 34
http://www.alcoa.com/reynoldskitchens/en/home.asp

Add your own Foil Recipe here

SPAM Hall of Cans (Fame)

A special place for that all purpose potted meat.

SPAM® Quesadillas *Hormel*

1 (12-ounce) can SPAM Luncheon Meat, chopped
4 cups shredded Monterey Jack cheese with peppers
6 (8-inch) flour tortillas
Guacamole and Salsa

Combine SPAM and cheese. Spoon meat mixture over 3 tortillas. Top with remaining tortillas. In lightly greased griddle, heat filled tortilla over medium high heat until soft and cheese is melted, turning once. Repeat with remaining tortillas. Cut each tortilla stack into 6 wedges. Serve with guacamole or salsa. Makes 18 appetizer servings.

NUTRITIONAL INFORMATION PER SERVING: Calories 166; Protein 10 g; Carbohydrate 7 g; Fat 11 g; Cholesterol 37 mg; Sodium 366 mg.

Hawaiian Rice *Hormel*

1 can (7oz.) Spam
1/3-1/2 cup flaked coconut
1-1/3 cups instant rice
margarine

Melt 1 Tbls margarine in a frying pan. Add cubed Spam and rice and brown slightly. Add 1-1/3 cups water and bring to a boil. Cover and remove from heat for 5 minutes. Add coconut and toss to mix. 2 servings.

SPAM®Nachos *Hormel*

1 (12-ounce) can SPAM Luncheon Meat, cubed
1 (10 1/2-ounce) bag Tortilia Chips
1 (15-ounce) can Refried Beans
1 (16-ounce) jar Salsa

1 (8-ounce) package shredded Mexican pasteurized processed cheese

Heat oven to 425° F. Place chips on baking sheet. Sprinkle SPAM over chips. In bowl, combine refried beans and salsa; pour over chips. Sprinkle with cheese. Bake 6 to 7 minutes or until cheese is melted. Serve immediately. Makes 10 appetizer servings

NUTRITIONAL INFORMATION PER SERVING: Calories 361; Protein 169; Carbohydrate 28 g; Fat 21g; Cholesterol 48 mg; Sodium 1034 mg.

Pi-Chee Ham *Ed Bailey*
FOIL

1 can candied yams **1 can SPAM,**
a pat of butter **dash brown sugar**

Slice SPAM into a double or triple layer foil pack. Put in candied yams, the SPAM, a pat of butter and sprinkle some brown sugar on top. Seal the pack and heat on the coals for eight minutes a side. Tastes like candied ham and yams.

SPAMBURGER Hamburgers *Hormel*

1 (12-ounce) can SPAM Luncheon Meat
6 hamburger buns, split
3 tablespoons mayonnaise or salad dressing
6 lettuce leaves
2 tomatoes, sliced
6 (1-ounce) slices American cheese

Slice SPAM into 6 slices (3 inches x 1/4-inch). In skillet, sauté SPAM over medium heat until lightly browned. Spread cut sides of buns with mayonnaise. Layer lettuce, tomato, SPAM, and cheese on bun bottom. Cover with bun top. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 405; Protein 20g; Carbohydrate 25 g; Fat 25g; Cholesterol 76 mg; Sodium 1280 mg.

California SPAMBURGER® Hamburger *Hormel*

1 (12-ounce) can SPAM® Luncheon Meat
2 tomatoes, sliced
6 whole wheat hamburger buns, split
6 lettuce leaves

6 green bell pepper rings
6 onion slices
3 tablespoons Thousand Island salad dressing

Slice SPAM' into 6 slices (3 inches x 1/4 inch). In skillet, sauté SPAM over medium heat until lightly browned. Spread cut sides of bun with dressing. Layer lettuce, SPAM, tomato, green pepper, and onion on bun bottom. Cover with bun top. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 287; Protein 14 g; Carbohydrate 28 g; Fat 13g; Cholesterol 47 mg; Sodium 891 mg.

Savory SPAM Crescents *Hormel*

1 (12-ounce) can SPAM Luncheon Meat, cubed
10 slices bacon, cut in small pieces
1/4 cup finely chopped onion
3 tablespoons grated Parmesan cheese
1 egg, beaten
2 tablespoons chopped fresh parsley
2 tablespoons Dijon-style mustard
2 (8-ounce) packages refrigerated crescent roll dough
1/8 teaspoon pepper

Heat oven to 375'F In skillet, cook bacon and onion until bacon is crisp; drain. Stir in remaining ingredients except crescent roll dough. Separate each package of crescent dough into 8 triangles. Spread top half of each triangle with SPAM mixture; roll up. Place on baking sheets. Bake 12 to 15 minutes or until golden brown. Serves 16.

NUTRITIONAL INFORMATION PER SERVING: Calories 127; Protein 7 g; Carbohydrate 6 g; Fat 9g; Cholesterol 34 mg; Sodium 439 mg.

Maui SPAM Muffins *Hormel*

4 English muffins, split and toasted
Butter or margarine,
1 (7-ounce) can SPAM Luncheon Meat, thinly sliced
Prepared mustard
1 (15 1/4-ounce) can pineapple slices, drained
2 teaspoons water
1 small green pepper, cut into 8 rings
1/4 cup firmly packed brown sugar

Heat oven to 375° F. Spread muffins with butter and mustard. Overlap SPAM slices on each muffin half. Place a pineapple slice and a green pepper ring on each muffin. Combine brown sugar & water; spoon over sandwiches. Place muffins on baking sheet. Bake 10 minutes. Serve hot. Serves 8.
NUTRITIONAL INFORMATION PER SERVING: Calories 179; Protein 7 g; Carbohydrate 29 g; Fat 4g; Cholesterol 20 mg; Sodium 437 mg.

Spamble Eggs *Michael Vesely*

1 can (7 oz) SPAM
1/2 cup Sanalac instant milk
2 Tbs. dried green pepper
12 eggs
2 Tbs. dried onions

Dice the SPAM and fry in large pan. Crack and stir the eggs and milk with a whisk in a large bowl. Leave the egg shells out. Hydrate the dried onion and peppers, then add to the SPAM. Fold the eggs over the SPAM and spamble them. Serve to 6 Scouts

SPAM Breakfast Bagels *Hormel*

1 (12-ounce) can SPAM Luncheon Meat
2 tablespoons butter or margarine
6 eggs, beaten
6 (1-ounce) slices American cheese
6 bagels, sliced

Slice SPAM into 6 slices (3 inches x 1/4 inch). In skillet, sauté SPAM over medium heat until lightly browned. Remove from skillet; keep warm. In same skillet, melt butter; pour in beaten eggs. Cook and stir to desired doneness. Layer scrambled eggs, SPAM and cheese on bagel bottom. Cover with bagel top. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 504; Protein 29g; Carbohydrate 36 g; Fat 27 g; Cholesterol 294 mg; Sodium 1367 mg.

SPAM Fajitas *Hormel*

Vegetable cooking spray
1 green bell pepper, cut into julienne strips
1 (12-ounce) can SPAM' Luncheon Meat, cut into julienne strips
1/2 cup shredded hot pepper Monterey Jack or Cheddar cheese
3/4 cup Salsa
1/2 onion, cut into 1/4-inch slices

8 (8-inch) flour tortillas, warmed
2 cups shredded lettuce
1/2 cup nonfat plain yogurt
Extra salsa, if desired

Spray large non-stick skillet with vegetable cooking spray. Heat skillet over medium high heat. Sauté green pepper and onion 2 minutes. Add SPAM, Sauté 2 minutes. Stir in salsa and heat thoroughly. Spoon about 1/2 cup SPAM mixture into each flour tortilla. Top each with 1/2 cup shredded lettuce, 1 tablespoon shredded cheese, 1 tablespoon yogurt, and extra salsa, if desired. Serves 8.

NUTRITIONAL INFORMATION PER SERVING: Calories 237; Protein 12 g; Carbohydrate 23 g; Fat 1l g; Cholesterol 40 mg; Sodium 625 mg.

The Original Baked SPAM *Hormel*

1 (12-ounce) can SPAM Luncheon Meat
Whole cloves
1/3 cup firmly packed brown sugar
1 teaspoon water
1 teaspoon prepared mustard
1/2 teaspoon vinegar

Heat oven to 375° F Place SPAM on rack in shallow baking pan. Score surface; stud with cloves. Combine brown sugar, water, mustard, and vinegar, stirring until smooth. Brush glaze over SPAM Bake 20 minutes, basting often. Slice to serve. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 156; Protein 9 g; Carbohydrate 12 g; Fat 8 g; Cholesterol 45 mg; Sodium 575 mg.

SPAM Hashbrown Bake *Hormel*

1 (32-ounce) package frozen hash-brown potatoes, thawed slightly
1 (12-ounce) can SPAM Luncheon Meat, cubed
1 (10 1/4-ounce) can cream of chicken soup
1/2 cup butter or margarine, melted
2 cups shredded Cheddar cheese
1/2 teaspoon garlic powder
1 1/2 cups sour cream
1 teaspoon salt
1 teaspoon pepper
1/2 cup milk
1/2 cup chopped onion
1/4 cup Diced Green Chilies, drained
2 cups crushed potato chips

Heat oven to 350° F. In large bowl, combine potatoes, melted butter, salt, pepper, and garlic powder. In another bowl, combine cheese, SPAM, soup, sour cream, milk, onion, and green chilies. Add SPAM mixture to potato mixture; mix well. Pour into 2-quart baking dish. Sprinkle with potato chips. Bake 45 to 60 minutes or until thoroughly heated.
Serves 8.

NUTRITIONAL INFORMATION PER SERVING: Calories 705; Protein 21g, Carbohydrate 41 g; Fat 53 g; Cholesterol 118 mg; Sodium 1447 mg.

SPAM Breakfast Burritos *Hormel*

1 (12-ounce) can SPAM Luncheon Meat, cubed
1 Tbs. butter or margarine
1 cup shredded Cheddar cheese, divided
1 cup shredded Monterey Jack cheese, divided
2 Tbs. milk
6 (6-inch) flour tortillas
4 eggs
Salsa or Taco Sauce

Heat oven to 400° F In bowl, beat together SPAM, eggs, and milk. Melt butter in large skillet; add egg mixture. Cook, Stirring, to desired doneness. Fill each tortilla with SPAM mixture and half of cheeses. Roll burrito; place seam side down on 12 x 8-inch baking dish. Sprinkle remaining cheese over top of burritos. Bake 5 to 10 minutes or until cheese is melted. Serve with salsa. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 430; Protein 25g; Carbohydrate 20 g; Fat 28 g; Cholesterol 562 mg; Sodium 976 mg.

SPAM Skillet Dinner *Hormel*

3 medium zucchini
1 tablespoon oil
1 (16-ounce) can tomatoes
1/2 teaspoon garlic powder
1/2 teaspoon oregano
1 onion, thinly sliced
1 (12-ounce) can SPAM Luncheon Meat
3 medium potatoes, peeled, sliced
1/4 teaspoon basil

Cut zucchini in 1/2-inch slices. In large skillet over medium-high heat, sauté zucchini and onion in oil 5 minutes, stirring often. Cut SPAM into 8 slices; halve each slice. Add potatoes, carrots, and SPAM to skillet; pour tomatoes over all. Sprinkle with herbs. Cover and simmer 25 minutes or until potatoes are tender, stirring occasionally. Serves 8.

NUTRITIONAL INFORMATION PER SERVING: Calories 176; Protein 9g; Carbohydrate 18g, Fat 8g; Cholesterol 34 mg; Sodium 526 mg.

SPAM Fried Rice *Hormel*

2 eggs, beaten
1 (12-ounce) can SPAM Luncheon Meat, cubed
1/4 cup chopped green onion
1/4 cup finely chopped mushrooms
2 tablespoons oil, divided
2 cups cooked rice
3 tablespoons soy sauce

In large skillet, heat 1 tablespoon oil. Add eggs. Cook, stirring, to desired doneness. Remove from skillet. In same skillet, heat remaining 1 tablespoon oil. Cook SPAM, mushrooms, and green onion 4 minutes or until vegetables are tender. Stir in rice and egg. Sprinkle with soy sauce. Heat thoroughly. Serves 4 to 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 405; Protein 20g, Carbohydrate 31g; Fat 22g; Cholesterol 174 mg; Sodium 1646 mg.

SPAM HASH

SPAM **Bacon**
Minced Round Onions **Parsley**
Boiled Diced Potatoes

Preparation:
Cut SPAM and bacon into bite size pieces. Sauté bacon until brown. Add minced round onion until tender. Then add SPAM and boiled cubed potatoes, brown until SPAM and potatoes are golden. Add parsley and serve.

Hearty SPAM Breakfast Skillet Hormel

2 cups frozen diced or shredded potatoes
1 (12-ounce) can SPAM Luncheon Meat, cut into julienne strips
1/4 medium green bell pepper, cut into 1-inch thin strips
1/4 medium red or yellow bell pepper, cut into 1-inch thin strips
1 (8-ounce) carton frozen fat-free egg product, thawed, or 4 eggs
1/4 cup shredded Cheddar cheese
1/2 cup chopped onion
2 teaspoons oil
1/4 teaspoon dried basil
1/2 teaspoon salt
1/8 teaspoon pepper

6 drops hot pepper sauce

In large non-stick skillet, cook potatoes, onion, and peppers in oil over medium high heat 5 minutes, stirring constantly. Add SPAM; cook and stir 5 minutes. In small bowl, combine egg product, basil, salt, pepper, and hot pepper sauce; blend well. Pour over mixture in skillet. Cover. Cook over medium-low heat 8 to 12 minutes or until set. Sprinkle with cheese; remove from heat. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 294; Protein 17 g; Carbohydrate 17 g; Fat 18 g; Cholesterol 50 mg; Sodium 725 mg.

SPAM Meal in a Bundle *Hormel*
FOIL

1 (12-ounce) can SPAM Lite Luncheon Meat, sliced
1 onion, thinly sliced
1/4 cup firmly packed brown sugar
1/4 cup stone ground mustard
1/4 cup beer (non-alcohol)
1/2 teaspoon celery seed
8 new potatoes, sliced 1/4-inch thick
2 cups carrots, sliced 1/4-inch thick

Heat oven to 375O F. In bowl, combine brown sugar, mustard, beer, and celery seed. Divide vegetables and SPAM' on four 12-inch square pieces of foil. Drizzle mustard mixture over vegetables. Fold foil to form packets. Bake 45 to 60 minutes or until hot. Serves 4.

NUTRITIONAL INFORMATION PER SERVING: Calories 411; Protein 20 g; Carbohydrate 55 g; Fat 13 g; Cholesterol 68 mg; Sodium 1073 mg.

Spicy SPAM Kabobs *Hormel*

1/4 cup lemon juice
3 tablespoons minced onion
1 tablespoon olive oil
1 teaspoon dried leaf thyme
1 clove garlic, minced
1/2 teaspoon whole oregano leaves
1/4 teaspoon red pepper flakes

1 (8-ounce) can pineapple chunks packed in light juice, drained

1 (1 2-ounce) can SPAM Lite Luncheon Meat, cut into 24 cubes
1 red bell pepper, cut into 1-inch pieces
4 cups hot cooked rice
16 pea pods

Combine first 7 ingredients in 9 x 12-inch dish. Wrap pea pods around pineapple chunks. Alternately thread SPAM cubes, pineapple chunks, and bell pepper pieces on eight skewers. Place in dish with marinade. Cover and marinate 2 hours, turning occasionally. Grill kabobs over medium-hot coals 10 minutes, turning occasionally. Or, broil 5 inches from heat source 8 to 10 minutes, turning occasionally. Serve with hot cooked rice. Serves 4.

NUTRITIONAL INFORMATION PER SERVING: Calories 536; Protein 22 g; Carbohydrate 75 g; Fat 16 g; Cholesterol 68 mg; Sodium 848 mg.

SPAM Jambalaya *Hormel*

1 (12-ounce) can SPAM Lite Luncheon Meat, cubed
1 (10 3/4-ounce) can lower sodium chicken broth
1 cup chopped onion
2/3 cup chopped green bell pepper
1/2 cup chopped celery
2 cloves garlic, minced
1 (14 1/2-ounce) can tomatoes, cut up
2 tablespoons chopped parsley
1/2 teaspoon dried leaf thyme
6 to 8 drops hot pepper sauce
1 bay leaf
1 cup long grain rice

In large non-stick skillet or 3-quart non-stick saucepan, sauté SPAM onion, green pepper, celery. and garlic until vegetables are tender. Add tomatoes, chicken broth, thyme, hot pepper sauce, and bay leaf. Bring to a boil; stir in rice. Cover. Reduce heat and simmer 20 minutes or until rice is tender. Discard bay leaf. Sprinkle with parsley. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 261; Protein 13 g; Carbohydrate 32 g: Fat 8 g: Cholesterol 45 mg: Sodium 850 mg.

SPAM Stuffed Potatoes Florentine *Hormel*

Vegetable cooking spray
1 teaspoon butter or margarine

1 (12-ounce) can SPAM Lite Luncheon Meat, cubed
1/2 (10-ounce) package frozen chopped spinach, thawed and squeezed dry
6 baking potatoes, baked and kept warm
1/3 cup chopped onion
2 tablespoons grated Parmesan cheese
1/4 teaspoon pepper
1/4 cup shredded Monterey Jack cheese
1/4 teaspoon dried leaf thyme
1/4 cup shredded Cheddar cheese
1/4 Cup skim milk

Heat oven to 350° F. Spray a shallow rectangular 2-quart baking dish with vegetable cooking spray. In a large nonstick skillet, sauté SPAM in butter 3 minutes. Add onion, spinach, and thyme; cook and stir 2 minutes. Set aside. Cut a thin slice off the top of each potato. Scoop out each potato, leaving a 1/2-inch shell. Place shells in prepared baking dish. Place scooped out potato in medium mixing bowl. Beat at medium speed 30 seconds. Add milk, Parmesan cheese, and pepper; beat just until combined. Stir in SPAM mixture. Fill potato shells with potato mixture. Bake, uncovered, 25 to 30 minutes or until thoroughly heated. Top with cheeses. Bake 5 minutes longer or until cheese is melted. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 396; Protein 18 g: Carbohydrate 54g; Fat 12 g; Cholesterol 56 mg; Sodium 704 mg.

SPAM Fajitas *Patrick Welch*

1 can SPAM, sliced into 3/8" strips,
1 small onion, sliced,
1 green pepper sliced
Salsa,
10 flour tortillas

Fry the SPAM, onions and peppers. Add the Salsa. Heat the tortillas and spoon on the Mixture. Roll and eat.

SPAM on a Stick *Unknown Despirate Soul*

1 can (7 oz) SPAM
Mustard

Cut SPAM into 6 long spears, place on sticks or long fork and cook over open fire. Top with brown mustard or Grey Poupon.

Healthy SPAM Peppers *Hormel*

1 (12-ounce) can SPAM Lite Luncheon Meat, cubed
2 cups shredded cabbage
1 cup shredded zucchini
1 onion, shredded
1 carrot, shredded
2 cloves garlic, minced
1 1/2 tablespoons chopped fresh basil leaves
1 teaspoon dried oregano
1/2 teaspoon red pepper flakes
1 (28-ounce) can diced tomatoes
1 1/2 cups instant rice
1 tablespoon brown sugar
8 bell peppers, cored and seeded

In skillet over medium-high heat, sauté SPAM until lightly browned; remove from skillet. Add cabbage, zucchini, onion, carrot, garlic, basil, oregano, and red pepper flakes to skillet. Cook over low heat 10 minutes or until vegetables are crisp-tender. Drain juice from tomatoes; reserve juice. Add enough water to tomato juice to make 2 cups. Add juice, tomatoes, SPAM, rice, and brown sugar to vegetable mixture. Cover. Cook 10 minutes. In large saucepan, boil bell peppers in water 5 to 7 minutes or until crisp-tender. Drain. Fill peppers with SPAM mixture. Serves 10.

NUTRITIONAL INFORMATION PER SERVING: Calories 215: Protein 11g; Carbohydrate 30 g; Fat 7 g; Cholesterol 34 mg; Sodium 444 mg.

Ham 'N Green Bean Bake *Ed Bailey*
FOIL

Combine 1 1/3 cups minute rice
1 cup diced ham or SPAM,
1 can (8 oz) drained green beans
1/3 cup mayonnaise
2 tsp. dry onion flakes.

Stir in **1 1/3 cups hot chicken bouillon or chicken soup**. Sprinkle with grated **Parmesan cheese**.
Shape a triple thickness of heavy foil into a bowl. Add mixture and seal. Leave over hot coals for 30 minutes.(serves 3-4)

SPAM, I am *Sam*

7 oz can SPAM
6 oz Egg and Spinach Noodles
1 can Cream of Mushroom Soup
1 small onion

Dice the SPAM into 1/2 inch chunks. Fry with sliced onion in a light oil. Cook the noodles until done. Drain water, reserve 1 can to mix with soup. Add soup and SPAM mixture. Heat through and serve 4.

The SPAM and I *Dennis A. Schmitt*
ONEPOT

1 can SPAM, sliced and diced
1 cup Minute rice
1 can cream of Mushroom Soup.

Heat the SPAM in a deep skillet, add the soup and heat. In a another pan, boil 1 cup water and cook the rice as directed. Pour the SPAM and soup over beds of rice. Variations... wild rice, Cream of Corn Soup...

MAPS Chili *Fred Mertze*

1 can diced SPAM
1/2 onion or 2 T. dried onion flakes
4 oz. green chili
1 Tomato
1/2 cup cheese
1/3 cup water
garlic salt and pepper

Brown the SPAM and the onion, chili. Add water and tomato wedges. Simmer 20 minutes. Place cheese on top and melt. Serves 2-3.

Pepsi SPAM *Dennis A. Schmitt*

1 can SPAM
1 can Regular Pepsi, not Diet
cheese
mustard
tortillas, bread or buns

Slice the SPAM, place in a 1 quart pan and pour in a can of Pepsi, do not use diet. Boil for about 5 minutes. This gives the SPAM a sweet caramel taste. Wrap the SPAM slices in tortillas with cheese and mustard, or use bread or buns. Sliced ham can also be used.

Spam a L'orange

One box Macaroni and Cheese
One can SPAM
One cup Tang
Make one box of Macaroni and Cheese. Mix with one can SPAM and one cup Tang. Enjoy!

Spam Fettuccine Primavera

Makes 6 to 8 servings.

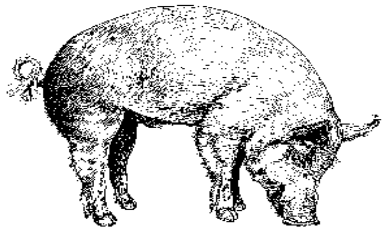
1 tablespoon butter or margarine
2 tablespoons flour
1-1/2 cups skim milk
1/2 cup lower-sodium chicken broth
1-1/2 teaspoons dried basil
12 ounces fettuccine
1 can (12 ounces) Spam Lite Luncheon Meat, cut into julienne strips
1 package (16 ounces) frozen broccoli, carrot and cauliflower combination, cooked and drained
2/3 cup grated Parmesan cheese

To make sauce: In small saucepan, melt butter or margarine. Stir in flour. Cook, stirring, for 1 minute. Stir in milk, chicken broth and basil. Bring to a boil, stirring constantly, until thickened. Keep warm.

To cook pasta: In 5-quart saucepan, cook fettuccine according to package directions. Drain. Return to saucepan.

To finish: Stir in Spam, vegetables and sauce. Cook, stirring, over medium heat until thoroughly heated. Stir in parmesan cheese.

OK…. I'm full of chopped pork parts now



Camp Breads

Bannock
Ancient Trailperson's Standby

1 cup flour
1/3 tablespoon (1 teaspoon) baking powder
dash salt
oil or margarine
water

At home: package the flour, baking powder, and salt together in a large, tough plastic bag.
In the field: Put a little oil of margarine into the bag, and slowly add enough water to give the mixture the consistency of dough. You may have to mix it with your hands. Flatten it out into a cake, and fry it in a little oil, very slowly. Note: If you end up with a bread that has its outside a delicious, golden brown and its inside a uncooked, doughy mass, do not despair. Just pretend you're an ancient trailperson.

Bisquick Bannock
Modern Trailperson's Standby

6-8 tablespoons water
1 cup Bisquick buttermilk baking mix
3 Tablespoons oil or margarine

At home: Package the baking mix in a large, tough plastic bag. *In the field:* Put a 3-4 Tbs. oil or margarine into the bag, and slowly add enough water to give the mixture the consistency of dough. You may have to mix it with your hands. Flatten it out into a cake, about 1/2 inch thick and fry it in a little oil, very slowly over coals or lowest possible flame. Fry it, as gently as possible, turning it often. After the bottom is browned, prop the pan up in front of the fire's flames to brown the top.

1. The batter should not be too thick - 1/2 inch is enough
2. Use straight sided fry pan, curved sides allow slips when propped before the fire.
3. Aluminum skillets get too hot too quick.
4. Don't prop up the pan until the bottom is browned.

Also try putting the dough in a zip-lock freezer bag. Place on rack in covered pot of boiling water. Let the steam 'bake' the bread. Add raisins and cinnamon, or serve with honey when done.

Rayado Biscuits
Dutch Oven

Biscuit Mix
Flour

Mix 12 - 18 oz biscuit mix as directed and pat out on a floured, flat surface. Cut biscuits with a small open end can and place 20-24 biscuits in oven. Cover and bake about 15 minutes. Can also use floured hands and balls of dough 1 1/2 “, flatten and placed in oven. Or spoon the mixed dough and drop into oven without shaping.

Mount Logan Bread

3 cups flour (white or whole wheat)
1/2 cup chopped dried fruit
1/2-1 cup shelled nuts (walnuts, pecans, cashews, peanuts)
1 cup honey
3/4 cup wheat germ
1/4 cup brown sugar
6 eggs
1/2 cup powdered milk
1/2 cup raisins
2 Tbs. Peanut oil

Mix dried ingredients, then stir in oil, honey and eggs. Spray a 9 x 5-1/3 x 2-2/3 inch bread pan with a nonstick coating. Pour in batter and tap the pan on the counter. Bake in a preheated 275 degree oven for 2 hours. Cool 10 minutes before taking out of pan. Yield: 18 slices.

Dan Beard Camp Bread

2 cups biscuit mix
1/2 cup plus 1 tablespoon milk

1. Stir the ingredients together; this will make a very thick dough. Add a few teaspoons of milk if necessary. Shape it like a bread loaf, and dust with additional biscuit mix or flour.

2. Grease a large sheet of foil heavily. Place the dough on the foil and wrap it loosely so the foil package will not burst when the dough rises. Wrap the dough loosely again to cover the seams and crimping
3. Place the bread package at the edge of the coals and turn every 10 minutes for about 1 1/2 hours, depending on the intensity of the heat. Yield: 1 loaf

Indian Fry Bread

3 cups flour
3 tsp. Baking powder
1 tsp. salt

At camp add 1-1/2 1-2/3 cups water... just enough to form a biscuit dough consistency. Knead well until the dough is elastic and doesn't stick. (Have some extra flour available)
For 7-8 inch rounds, use a piece of dough the size of a lemon. Pat by hand into a flat circular shape. Fry in deep fat, turning once. The bread should be crisp on the outside. Serve hot.

Fried Bread

This is a simple recipe for fried bread. It should be served right after making it, and it is very good with jam, berries, honey, or pemmican.

Ingredients:
3-1/2 cups flour
2 tsp. baking powder
1 pinch salt
3/4 cup milk
water

Preparation:
Wash your hands, all utensils, and work surfaces carefully before handling food.
Mix flour, baking powder, salt, and milk in a bowl. Add warm water -- just enough to make a soft, doughy consistency.
Shape the dough into flat pieces and ask your parents to fry the bread until it is a nice, golden brown.

NAVAJO FRY BREAD
Serving Size : 4
1 cup white flour
1/2 cup whole wheat flour
1 tablespoon sugar
1/2 teaspoon baking powder
1/4 teaspoon salt
1/2 cup honey
vegetable oil

Mix dry ingredients. Add water to dry ingredients, mix well. Knead dough on a floured board till it becomes elastic. Let dough rest 10 minutes, covered. Roll out dough till it is 1/2 inch thick. Cut

into squares or circles. Deep-fry at 370F till golden brown; drain on paper towels. Drizzle with honey and serve.

Cimarron Cinnamon Rolls
Dutch Oven

2 6-oz pkg. biscuit mix flour
1 cup brown sugar
3 4-oz boxes of raisins
cinnamon

Mix the biscuit mix as directed and pat out in a rectangular shape on a floured, flat surface. Spread raisins and brown sugar over the dough and sprinkle with cinnamon. With floured hands roll the dough into a cylinder and cut slices from the rolled cylinder. Place in bottom of Dutch oven. Cover with lid and bake about 15-20 minutes. serves 8.

Hudson Bay Bread
Summers High Adventure Canoe Base, Ely, MN

(a)
1.5 lb. margarine or butter
2/3 cup Karo syrup
2/3 cup honey
2 Tbs. maple flavoring
4 cups sugar
(b)
19 cups Quick Oats
1 1/2 cups ground nuts (walnuts, pecans, hazelnuts, almonds or sesame seeds)

Cream all (a) ingredients together. Add oats and nuts, mixing well. Spread about 1/4 inch thick in sheet pans. Press mixture down in pan. Bake at 350 degrees 18-20 minutes. As soon as the bread comes out of the oven, use a spatula to press it down again. This keeps the bread from crumbling. Cut while still warm: 1 inch squares for snacks and 2 inch squares for trail lunches. Wrap to keep the bread or freeze until ready to use. Peanut butter and jelly are optional.

Can substitute molasses for the honey.

WHEAT CRACKERS

2 cups whole wheat flour
2-1/2 tsp. salt
5 tbls. salad oil
¾ cup water

Combine flour and salt. Add oil and mix thoroughly. Add water and mix well. Roll dough very thin on a floured board. Cut and place on cookie sheets. Prick with a fork. Bake 425 degrees 8-10 min. Variation: Sprinkle with sesame or poppy seeds. Roil lightly before cutting.

HARDTACK

Combine and mix thoroughly:
5 cups rye flour
1 tsp. salt
1 tsp. sugar
1 tbls. caraway seed

Add just enough water to make a stiff dough. Roll out to 1/4" thickness and cut into squares. Prick with a fork. Bake on a greased flat cookie sheet until bone-dry, approximately 20 min. in a 325 degree oven. Cool and store in an airtight container. Variation: Try seasoned salt instead of regular salt. Try brown sugar instead of white sugar. Try regular flour instead of rye.

RYE WAFERS

(3 1/2 doz.)

Combine all ingredients in a bowl and mix until smooth:
1/4 cup margarine - melted and cooled
1 cup unsifted rye flour
1/4 cup unsifted white flour
1 tsp. baking powder
1 tsp. sugar
2 tsp. caraway seed
1/2 cup milk

Chill 1 hour. Divide in half and roll out on a lightly floured board. Form very thin rectangles, cut in 2" squares with a sharp knife. Sprinkle lightly with salt and press with a rolling pin. Prick with a fork. Place on cookie sheets and bake 375 degrees for 8-10 min. or until lightly browned. Store in airtight container in a cool place.

PILOT BISCUITS

Combine:
4 cups flour
2 tbls. Sugar
tsp. salt
Cut in:
1/4 cup margarine with a pastry blender
Add:
1 cup milk to make a stiff dough

Roll about ¼ inch thick on a floured board. Cut with a large round cookie cutter. Prick surface with a fork many times, and brush with milk Place on ungreased cookie sheets. Bake 425 degrees- 15-18 mm. Until light tan.
Variation: Add 1 cup rye, whole wheat or soaked cracked wheat flour to 3 cups white flour instead of using 4 cups white flour.

GRAHAM CRACKERS

(3 doz.)
Cream together:
1/2 cup margarine
1/3 cup packed brown sugar

Combine:
2-¾ cups graham flour
1/2 tsp. salt
1-1/2 tsp. baking powder
1/4 tsp. cinnamon

Combine all ingredients and add 1/2 cup water a little at a time. Mix well.
Stand about half an hour to make the dough easier to handle. Roll out on a floured board to 1/8" thickness. Cut in 2" squares and put on a greased cookie sheet. Bake 350 degrees for 20 min. or until lightly browned.
Variation: Brush tops with melted margarine before baking and sprinkle with cinnamon sugar.

CORNBREAD
(BakePacker and Outback Oven)

This makes a sweet cornbread; the sugar can be cut by half.

2 Tbsp oil or margarine
1 cup flour
3/4 cup cornmeal
1/3 cup sugar
1/3 cup instant powdered milk
3/4 tsp. salt
2 Tbsp egg powder
3 tsp. baking powder

At home: Combine all dry ingredients. On the trail: Standard BakePacker: Mix 3/4 cup water with dry ingredients and oil; boil/bake 20-25 minutes. Ultra-light BakePacker: Use half the recipe and a little less than 1/2 cup water, and bake 12-14 minutes. Outback Oven Plus Ten: Mix 1 cup plus 2 Tbsp. water with dry ingredients and oil; bake 25 minutes.

CORNBREAD
(Banks Fry-Bake)

DO NOT fill the Banks Fry-Bake pan more than half full; the following recipe is sized for the Alpine pan.

4 tsp. oil or margarine
2/3 cup flour
1/2 cup cornmeal
1/4 cup sugar
1/4 cup instant powdered milk
1/2 tsp. salt
4 tsp. egg powder
2 tsp. baking powder

At home: Combine all dry ingredients. On the trail: Mix 3/4 cup water with dry ingredients and oil; bake in greased pan for 15-20 minutes.

PIZZA

Pizza is the ultimate trail delicacy. Sun-dried tomatoes and dried mushrooms are my favorite toppings, or try a quarter cup of fresh pesto and grated Parmesan for a heavenly sauce. For a more traditional pie, make tomato sauce from tomato crystals or tomato paste and Italian seasonings like basil, oregano, garlic, and thyme, and top with mozzarella.

Crust:

3/4 cup unbleached white flour
3/4 cup whole wheat flour
1/2 tsp. salt
2 tsp. yeast
2 Tbsp oil

Topping:
1/4 cup pesto or tomato sauce
handful sun-dried tomatoes and dried mushrooms
1/4 cup grated Parmesan cheese or sliced mozzarella

At home: Mix and bag dry crust ingredients. On the trail: Put dried tomatoes and mushrooms in a small dish of water to rehydrate while you're making the crust. Reserve 2-3 Tbsp. flour mixture then add 1/2 cup warm water and oil to crust ingredients. (Water should be slightly warm to the touch, but not hot.) Mix with a spoon, then knead for about 5 minutes, using reserved flour mixture as necessary. Let dough sit for 10 minutes, then flatten in pan or in plastic bag on **BakePacker grid**, bringing the edges up about 1/2 inch. Add tomatoes and mushrooms, then sauce, then cheese.
BakePacker: Reserve cheese
and sprinkle on after removing pizza from plastic bag so the cheese won't stick to the bag.
Standard BakePacker: Bring to boil and boil/bake 15 minutes.
Ultra-light BakePacker: Use half the recipe and boil/bake 12-14 minutes.
Banks Fry-Bake Alpine: Bake 20 minutes in greased pan.
Outback Oven: After indicator gets into "bake" range, bake for 20-25 minutes.

BISCUIT MIX

This mix can be used for pancakes, biscuits, pie dough, coffee cake, dumplings, and any other flour-based treat. I prefer to use half whole wheat and half unbleached white flour, rather than all whole wheat, to give biscuits a lighter texture. (Recipe makes 2 cups of mix; about a dozen biscuits or six servings of coffee cake.)

1 cup unbleached white flour
1 cup whole wheat flour
2 tsp. baking powder
1 tsp. salt
2 Tbsp oil or shortening
1/3 cup instant powdered milk

At home: Combine all ingredients and put in a reclosable plastic bag.

For biscuits on the trail: To make 6 biscuits, add 1/3 cup water to a bag containing 1 cup of mix, and knead the dough in the bag until it's well blended and forms a ball. Sprinkle in a bit more mix to coat the dough ball, then pinch off portions and pat them into biscuits.
Standard BakePacker: Lay biscuits in a clean baking bag in a single layer on the BakePacker grid. Boil/bake for 12-15 minutes.
Ultra-light BakePacker: Use 1/2 cup mix with 3 Tbsp. water; boil/bake for 8-10 minutes.
Banks Fry-Bake Alpine: Bake 10-12 minutes or until golden in greased pan.
Outback Oven: Heat to "bake" range, then bake for 10-12 minutes.

Aussie Damper
Dutch Oven or campfire

Ingredients
3 cups self-raising flour
1 1/2 teaspoons salt
90 g (3 oz) butter
1/2 cup milk
1/2 cup water
extra flour

Method
Sift flour and salt into bowl, rub in butter until mixture resembles fine bread crumbs, fairly even in size. Add combined water and milk all at once; mix lightly with a sharp knife in a cutting motion. Turn out on to a lightly floured board; knead slightly. Knead dough into a round, place on greased oven tray.
Pat dough out to a 15 cm (6 in) circle. With a sharp knife, cut 2 slits across dough, like a cross, approximately 1 cm (1/2 in) deep. Brush top of dough with milk, sift a little extra flour over dough. Bake in a hot oven for 10 minutes or until golden brown; reduce heat to moderate, cook a further 15 minutes. Eat warm with butter, and Golden Syrup or honey.
The traditional cooking method is to bury in the hot ashes of the campfire for about ½ hour. You can wrap the dough in foil and bake on the hot coals.

DAMPER
Categories: Breads, Australian, Usenet

2 1/2 cup Flour, self-raising
1 tablespoon Salt
1 tablespoon Butter
1 tablespoon Sugar
1 cup Milk (or use about
-1/2 Cup of powdered milk

-And about 1 Cup water)

Preheat oven to 350 degrees F. Mix together the dry ingredients and the butter. Add the liquid and mix well. Knead for about 5 minutes (if you don't know about kneading, look in a good cookery book with plenty of pictures, it's difficult to describe in words).

Shape into a flattened ball and place on a greased and floured baking sheet or in a greased and floured round cake tin (I recommend the latter, about 7 or 8 inch diameter, as it gives a better shape). Bake for 30 minutes. Use a Dutch oven if you are cooking in an open fire, and use your experience as to cooking time.

Serve in moderately thick slices while still fairly hot. I'm told that golden syrup (a treacle-like substance made as a by-product of cane sugar refining) is the traditional thing to spread on it, and that goes well. Jam is good, too.

NOTES:

This recipe comes from a series called "Australian Tableland". Traditionally, damper should be cooked in the coals of a campfire, but the temperature in an oven is much more consistent! This recipe has the advantages of being simple and, with ordinary care, reliable.

: Difficulty: easy.
: Time: 10 minutes preparation, 30 minutes cooking.
: Precision: measure carefully.

: Stephen Withers,
: The University of Melbourne, Parkville, Victoria 3052, Australia.

Grilled Pizza Sandwiches (Pie Iron)

Servings: 6

2/3 c Pizza sauce (canned)
8 Slices bread
4 Large slices salami
4 Slices cheese
1 Garlic powder
1 Butter or margarine

Spread pizza sauce on one side of each bread slice. Top one slice with salami slice then cheese slice. Sprinkle with garlic powder. Top with second slice of bread, sauce side down. Butter both sides.

From Better Homes & Gardens, April 1959

Apple or Cherry Turnovers
Jaffle or Pie Iron

Bread
Can of Favorite Pie Filling

Directions:
Butter a slice of bread and lay it butter side down on the iron. Open the pie filling and spoon some on the bread (not so much that it squirts out though!) Place another slice of bread on top, butter side up and close the pie iron. Place in coals of fire for a few minutes on each side, checking to make sure it doesn't burn. Whalah! You have your hot fresh turnovers.

Apple Strudel
Jaffle or Pie Iron

1 Can Pie Apples
Cinnamon & Sugar (to taste)
Raisins (if desired)
2 Sheets Puff Pastry
Powdered Sugar For Dusting
Cooking Spray

Directions:
Mix the apples, sugar, raisins and cinnamon.

Heat pie iron, spray lightly with cooking spray. Cut each sheet of puff pastry into four even squares, place on the bottom of pie iron, spoon in mixture. Cover with another sheet of puff pastry and cook until pastry is golden brown and puffy.

Remove from pie iron, sift powdered sugar over top.

Campfire Pie
Jaffle or Pie Iron

Pie Crust
Canned Pie Filling
Cooking Spray

Directions:
I cut enough pie crust to make several pies and place waxed paper between the crusts. I place them in a gallon zip lock bag and take them camping with us, keeping them ref. Any left over at the end of the weekend, can be frozen until next time they are needed. Spray pie iron with Pam Cooking Spray and place a crust on each side. Fill with your favorite pie filling (we like Wilderness Extra Fruit) close the iron and trim the crust on the outside. Bake over hot coals....we lay ours on a grill that is about 5-6" above the coals. Watch carefully, check often and turn as needed, they will cook in about 10-15 minutes at the most.
Comments:
REAL "homemade" pie over the campfire. YUM!!

Hot Meat and Cheese Sandwiches *Jaffle or Pie Iron*

2 Slices of buttered bread.
1 slice of cheese (American slices or Swiss)
1 or 2 slices of meat (ham, turkey, roast beef)

Directions:
Using your pie iron, place bread inside buttered side out. Put in meat and cheese. Close and cook over fire pit, until toasted brown!
Comments:
Very quick and kids can cook their own. Also regular toasted cheese sandwiches just leave off meat.

Breakfast Mountain Pie
Pie Iron

Bacon **Egg**
Cheese **Bread**
Pam®

Directions:
Spray your pie iron with Pam®, then cut your bacon strips in half and lay them in the pie iron. Set 1 slice of bread on top of the bacon. Gently pat down the bread. Crack egg onto the bread. Lay cheese over top and cover with the other slice of bread. Close and cook slowly. When the bacon is cooked, the egg inside will be cooked. Awesome!

Scott Piper Avon, OH

Pie Iron Reubens

This is a favorite pie iron variation the Hill family makes at our family reunion campouts.

2 Slices Rye Bread, outside buttered **1 Slice Swiss Cheese**
2-3 Slices Corned Beef **2-3 Spoonfuls Sauerkraut (don't forget the can opener!)**
1-2 Spoonfuls 1000 Island Dressing

Assemble and toast over the campfire. Yum!
Comments:
A tip about pie iron pizzas: We like to use English muffins instead of bread for our pizza pies. The muffins hold up better and there is no crust to trim.

Joyce Hill Beavercreek, OH

Apple Crunch Muffins

Serving Size : 4

1 1/2 Cups Unbleached Flour – Sifted **1/2 Cup Sugar**
2 Teaspoons Baking Powder **1/2 Teaspoon Salt**
1 1/2 Teaspoons Ground Cinnamon **1/4 Cup Vegetable Shortening**
1 Large Egg -- Slightly Beaten **1/2 Cup Milk**
1 Cup Apples -- tart
**** Nut Crunch Topping ****
1/4 Cup Brown Sugar **1/4 Cup Pecans -- chopped**
1/2 teaspoon Cinnamon

1. Apples are to be washed and cored. Shred the unpeeled apples. You can use dehydrated apple pieces and rehydrated them for a hour while hiking.
2. Sift together flour, sugar, baking powder, salt and cinnamon into mixing bowl.
3. Cut in shortening with pastry knife, fork or 2 knives until fine crumbs are formed. short cut would use a baking mix like Bisquick or Jiffy Mix
4. Combine egg and milk. Add to dry ingredients all at once, stirring just enough to moisten.
5. Stir in apples. Spoon batter into paper-lined 2 1/2-inch muffin-pan cups, filling 2/3rds full. Sprinkle with nut crunch topping.
6. Bake in 375 degree oven 25 minutes or until golden brown.
7. Serve hot with butter and homemade jelly or jam.

Nut Crunch Topping:
Mix together **1/4 cup brown sugar (packed), 1/4 cup chopped pecans and 1/2 teaspoon ground cinnamon** in small bowl.

The above works well in the Outback Oven or Reflector oven
Or a Coleman camp oven

Quick Applesauce Muffins Outback oven or Dutch oven

2 Cups Bisquick
1/4 Cup Sugar
1 Teaspoon Cinnamon
1/2 Cup Applesauce
1/4 Cup Milk
1 Egg
2 Tablespoons Cooking oil
**** Topping ****
1/4 Cup Sugar
2 Tbsp Butter Or Margarine -- melted
1/4 Tsp Cinnamon

Preheat oven (350 deg F.).
1. Combine Bisquick, 1/4 cup sugar, and 1 teaspoon cinnamon. Mix well.
2. Add applesauce, milk, egg and oil, and beat vigorously for 30 seconds.
3. Fill greased muffin pans 2/3 full and bake 12-15 minutes. For Dutch oven, set pan on a spacer. Place coals underneath and on top. For the Outback oven use cupcake liners.
4. Cool slightly and remove from pans. Mix remaining sugar and cinnamon.
5. Dip tops of muffins in melted butter, then in sugar-cinnamon mix.
Makes 12.

Alaska Crab Crescent Rolls

1 (6-oz.) package crabmeat, rinsed, well drained
1 (3-oz.) pkg. cream cheese, softened
2 tablespoons sliced green onions
1/4 teaspoon garlic salt
2 (8-oz.) cans Refrigerated Crescent Dinner Rolls
several packages sweet-and-sour sauce

1. Preheat camp oven or get the camp coals to a white heat. In small bowl, combine crabmeat, cream cheese, onions and garlic salt; mix well.
2. Unroll both cans of dough; separate into 16 triangles.
3. Place 1 tablespoon crab mixture on center of each triangle about 1 inch from short side of triangle. Fold short ends of each triangle over filling; pinch sides to seal. Roll up. Place on sprayed cookie sheet, or on camp grate if using coals.

You can also use a pie iron.

5. Bake at 375°F. for 15 to 20 minutes or until golden brown. Serve warm with sweet-and-sour sauce.

Alternative is to bake the crescent rolls rapped around a 1 inch diameter stick or pole over the coals. Then fill the hole with the crab and cream cheese mixture.

This serves 4 to 6 people or one bear.

DRINKS

Hot Chocolate Drink Mix

1 lb. instant powdered milk
1/2 lb. powdered sugar or regular
1/2 lb. powdered coffee creamer
1@ 1 lb. can of Nestle's Quick

Mix in large bowl with wooden or plastic spoon. Store in air-tight, dark container. Pack in plastic bags for camping. 3 Tablespoons in 8-12 oz hot water.

Hot Cocoa Mix

1/3 cup cocoa
1 1/3 cup instant nonfat dry milk
1/2 cup sugar
2 T. non-dairy creamer powdered
dash salt

Mix, store in airtight container, for 1 cup cocoa, add 1/4 to 1/3 dry mix to 1 cup boiling water.

Rich and Creamy Cocoa
PET Inc.

2 cups hot water
1/4 cup unsweetened cocoa powder
1/8 tsp. ground nutmeg
2 cups Pet® Evaporated Milk
1/4 cup sugar
6 large marshmallows
1/4 tsp. salt
1/4 tsp. ground cinnamon
3/4 tsp. vanilla

In heavy saucepan, mix hot water, cocoa, sugar, salt, cinnamon, and nutmeg. Cook over medium heat until mix comes to a boil. Stir frequently. Boil 5 minutes, stirring frequently. Reduce heat and add evaporated milk and marshmallows. Heat slowly until marshmallows dissolved. Add vanilla. Remove from heat and beat 1 minute with beater. Serve.

Mocha Mix
InterNet
Servings: 6

1 cup Cocoa Mix
1/4 cup Instant Coffee
1/2 cup Sugar
1 1/4 tsp. Cinnamon

1. Mix all ingredients together and package.
2. Use 5 heaping teaspoons to 1 cup boiling water.

Variations For true Mocha make hot chocolate adding brewed coffee instead of water to the hot chocolate mix.

Rich Trail Cocoa
InterNet
Servings: 1

1 lb. Instant Cocoa
6 oz Nondairy Coffee Creamer
1 pkg. Dry milk, 8 qt size
2/3 cup Powdered Sugar

1. Mix ingredients together and store in a air-tight container.
2. Use 1/3 cup of mix in 1 cup hot water.

Variations a. Try adding 2 teaspoons of cinnamon to mix.

Winter Cocoa

Sarbar (Sarah Kirkconnel)

At home mix together:
1 (4 serving) box of instant chocolate pudding mix
2 cups dry milk

Split into 6 servings. Each serving takes 1 cup of boiling water. Stir well and enjoy! You can use sugar free pudding mix if desired, to cut pack weight. Whole fat dry milk (Nido®) works well here. If you use whole fat milk, store your mix in the refrigerator till leaving.
Serves 6.

Home Brew Power Drink
Dr. Irvin P. Daily

1 Qt Water H_2O(clean, not ditch)
1/2-1 Teaspoon NaCL (table salt)
1/2 Teaspoon Sodium Bicarbonate (Baking soda)
1/4 Teaspoon Potassium Chloride KCL (salt substitute)
6-8 TeaspoonsGlucose (table sugar) or 1-2 Tablespoons Honey
1/2 package of "Cool-Aide" flavoring

Mix and Use. Don't make more than you'll use. There are no preservatives in this "juice". **DO NOT over use... High Potassium levels are dangerous**.... stops the old ticker.
NOTE: Keep fluid at ~2-2.5% Glucose. This is 1/8 the amount of sugar and 1/2 the water for regular Cool-Aide.

Hot TANG
Tang

Mix **TANG** in a cup of hot water for a different breakfast drink

Pine Tea
Euell Gibons

Take **fresh broken pine needles** (brown ones don't work) and steep for a few minutes in a cup of boiling water. Remove the needles. Cool down to warm. Rich in vitamin C, but it is an acquired taste.

Swamp Water
Bubba LaFoote

2 packages Grape Kool Aid
2 Packages Lemon-Lime Kool Aid

Mix and add water, pre-sweetened or add the sugar.

Cockerall River Water
El Rancho Cima, Texas

2 packages Cherry Kool Aid
2 Packages Orange Kool Aid

Mix and add water, pre-sweetened or add the sugar.

Hot JELL-O
Jell-O

Mix **1-2 Tbs. JELL-O** in a cup of hot water for a different breakfast drink. Cherry, Lime, and Orange are good to try.. **Beware not to drink boiling water**.

Maxwell's Chocolate Bar

1 cup Hot chocolate and add 1 Snickers bar, Mix, Melt, and drink or spoon.

Cowboy Coffee *Pecos Phil*

1 Tbs. ground coffee for each cup of water.
Five-Finger Pinch = 1 Tablespoon

Add coffee to a pot full of water, measured carefully of course. Cover and bring to boil. Remove from heat and set 5-10 minutes. Add a dash of cold water or Rap on side of pot 4-5 times to settle grounds and to call drinkers to the fire. Strain with mustache and teeth.

Hot Spiced Cider
InterNet
Servings: 16

2 qt Apple Cider
12 Whole Cloves
4 3" Cinnamon Sticks
1/4 cup Sugar
6 Whole Allspice

1. Combine the cider, sugar and spices in a large saucepan.
2. Heat slowly to simmering, continue for 3-5 minutes and remove spices.
3. Serve hot, garnished with orange slices, lemon slices, or rings of unpeeled red apple with whole cloves forced through peel. (Yah! Just try to find decent garnish on the Trail)

Coffee
InterNet
Servings: 1

1 Tbs. Coffee, fine ground
1 cup Water

1. Bring water to boil and then remove from the heat.
2. Add 1 tablespoon of coffee per cup of water.
3. Stir, cover and let set for 3-5 minutes, or until desired strength is reached.

Variations Add 1/4 teaspoon cinnamon and/or a few drops of almond extract to 8 cups of coffee for a gourmet touch.

Russian Tea
InterNet
Servings: 1

2 cup Sugar
1 cup Tang orange powder
1/2 cup Instant Tea
1/2 tsp. Cinnamon
1/2 tsp. Cloves
1 pk. Lemonade mix, 1 qt size

Directions:
1. Mix ingredients together and store in a air-tight container.
2. Mix 2-3 Tbs. with a cup of hot water, to taste.

Trail Shake
June Fleming
Servings: 6

2 cup Dry Milk
1/2 cup Malted Milk Powder
1/2 cup flavoring: cocoa, instant coffee, berry syrup mix, jam, etc.

Directions: 1/2 cup of mix = 1 serving.
1. Package each individual serving in a Ziplock plastic bag, 1/2 cup of mix.
2. To use add 1 cup of cold water to plastic bag, seal, and shake until mixed

Trail Sports Drink
Jeff
Make-it-yourself, natural, additive-free sports drink recipe (one gallon):

On the stovetop, dissolve **1 cup sugar** in **8 cups of water** Add **1 tsp salt**.
Remove from stove, cool, and add **1 cup of orange juice**. Mix with water to fill a gallon container, and go!

EggNog Brink Mix

1 1/2 cups instant dry milk
1/2 cup nondairy creamer
1/2 cup powder egg mix
2 Tablespoons brown sugar
1/2 Teaspoon cinnamon, ground
1/2 Teaspoon nutmeg, ground

At Camp: mix 1/3 cup of mix with cold water and stir

Carob - Malt Smoothie Mix

2 cups instant dry milk
1/2 cup malted milk powder
1/2 cup sifted carob powder
1/4 cup brown sugar

At Camp: mix 1/3 cup of mix with hot water and stir

Hot Chocolate Smoothie
1 1/4 Tablespoons sugar
1 1/4 Tablespoons cocoa powder
1/4 Cup powdered milk
1 1/4 Tablespoons potato starch
Serves: 1

This makes a rich, thick beverage you're just as likely to eat as drink. I like to have one at breakfast-time with a bowl of oatmeal or as an after-dinner chaser.

At Home: Combine all ingredients and place in a zipper-lock bag.

On the Trail: Place ingredients in an insulated travel mug, add 1 cup boiling water, stir well, cover, and let stand 5 minutes.

Hot Fruit Smoothie

1/4 Cup dried fruit
1/2 Teaspoon sugar
1 Teaspoon potato starch
1 Tablespoon orange powder
1 Dash salt
Serves: 1

Orange powder has delectable flavor, but if you can't find it, orange-flavored breakfast drink will work in a pinch.

At Home: Place the dried fruit in a blender and swirl until it's cut into very small pieces. Mix the fruit with the other ingredients and store in a zipper-lock bag.

On the Trail: Place ingredients in an insulated travel mug, add 1 cup boiling water, stir well, cover and let stand 10 minutes.

Hot Malt Shake Mix

2 cups instant dry milk
1/2 cup malted milk powder

At Camp: mix 1/3 cup of mix and slowly fill cup with hot water and stir.

Instant Breakfast Drink
1 cup serving:

1/4 cup instant dry milk
1 Tablespoon nondairy creamer
1 Tablespoon powder egg mix
and one of:
1 Tablespoons malted milk powder
1 Teaspoon instant coffee
1 Tablespoon cocoa mix
1 packet jelly or jam

At Camp: Add water and shake in ziplock bag or cup with lid.

Minted Coffee - Cocoa Mix

1 1/2 cup non-dairy creamer
1 cup sugar
1/2 cup instant coffee
1/2 cup cocoa
Dash of salt
1/2 tsp. peppermint extract

Mix all ingredients except extract. Stir to remove lumps. Add extract and mix well. Seal in airtight container. Mix 2-3 heaping teaspoons per cup of water. Heat water and then add mix.

Spiced Coffee Mix

1 (2 oz.) jar instant coffee
1 tsp. ground cinnamon
1 tsp. ground nutmeg
1 tsp. ground allspice
1 cup granulated sugar

Combine coffee, sugar and spices in blender and blend 15 seconds or until fluffy blended. Store in airtight container. To serve, mix 1 to 2 teaspoons to 2/3 cup hot water. Makes about 50 cups.

Sports Drink

Recipe By : Shape Magazine
Serving Size : 1 Preparation Time :0:00
2 Tablespoons sugar
1/8 Teaspoon salt
16 Oz prepared caffeine-free lemon tea
2 Oz orange juice

Dissolve sugar and salt in the hot tea. Cool. Blend the tea with the juice and refrigerate in your water bottle, or freeze. Can last in a sealed container up to one week. 9 oz serving equals 60 calories and 15 g of carbohydrate. From Shape magazine.

leeway: I use apple juice, or any fruit juice available. Orange spice tea is delicious, gives it some kick. I generally adjust for taste, but you don't want to load up too much sugar to spike your insulin levels. Inexpensive alternative to sports drinks for casual workout days.

I call this Carbo Load. It is a fluid replacement product.

FLUID-REPLACER SPORTS DRINK

16 oz Prepared Caffeine-Free Lemon - Tea
2 tb Sugar
1/8 ts Salt
2 oz Orange Juice or Tang

Dissolve the sugar and salt in the hot tea. Cool.Blend the tea and orange juice in a blender or shaker. Drink cold for best taste.

Per Serving: 60 calories, less than 1 g fat, less than 1 g protein, 15 g carbohydrates, 130 mg sodium, no cholesterol.

Notes: This is good as a fluid-replacer before, during and after workouts. Keeps in the refrigerator for up to a week, so you can make a double or triple recipe. Freeze it in your water bottle for a cool drink on a long hot ride.

Source: San Francisco Examiner Typed by Katherine
Smith Kook-Net: The Shadow Zone IV - Stinson Beach, CA

Blue Raspberry Lemonade

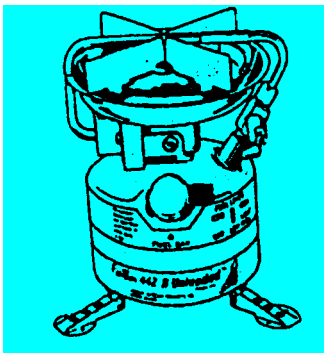
1 to 2 tablespoons JOLLY RANCHER Blue Raspberry Topping*
Crushed ice or ice cubes
Lemonade

Place blue raspberry topping in bottom of tall glass. Fill with ice. Pour lemonade over ice. Stir to blend or serve with long spoon for blending. Garnish as desired. One serving.

*JOLLY RANCHER Green Apple Topping may be substituted.

Page for your own favorite recipes.....

Your favorite.....



Special Cooking

Special cooking refers to cooking using spits, paper bags, food in its own container, and other novelty type cooking. I will defer to selected readings.

Dutch Oven Cooking, John G. Ragsdale

* Camper's Guide to Outdoor Cooking, John G. Ragsdale,

* Outdoor Skills Instruction, Cooking, **BSA** (Boy Scouts of America)

* Venture manuals Winter Camping, Backpacking, **BSA**

* Woods Wisdom, **BSA**

Brown, Tom, 1985, Tom Brown's Guide to Wild Edible and Medicinal Plants,

Gibbons, Euell, 1970, Stalking the Wild Asparagus

Thomas, Dian, 1994, Roughing It Easy; 2nd edition., (very good reading)

Fun Stuff

can be gotten from the Cub Scouts camping books or Webelos, works well with young siblings and new Scouts.

Ants on a Log

Celery stalks filled with Peanut Butter and Raisins or M&M's on top

Smiling Pancakes

Add a smile with Fruit slices, or chocolate Chips.

Orange Cakes

Cut orange in half and hollow out, eating the orange. Pore cake batter into bottom half and place top rind on top. Wrap in foil and cook on coals.

Tin can cooking see Thomas, Dian, 1994, Roughing It Easy; 2nd edition., and BSA Outdoor Skills Instruction manuals for Cooking, Camping, Backpacking

Twist on a Stick *old time favorite*

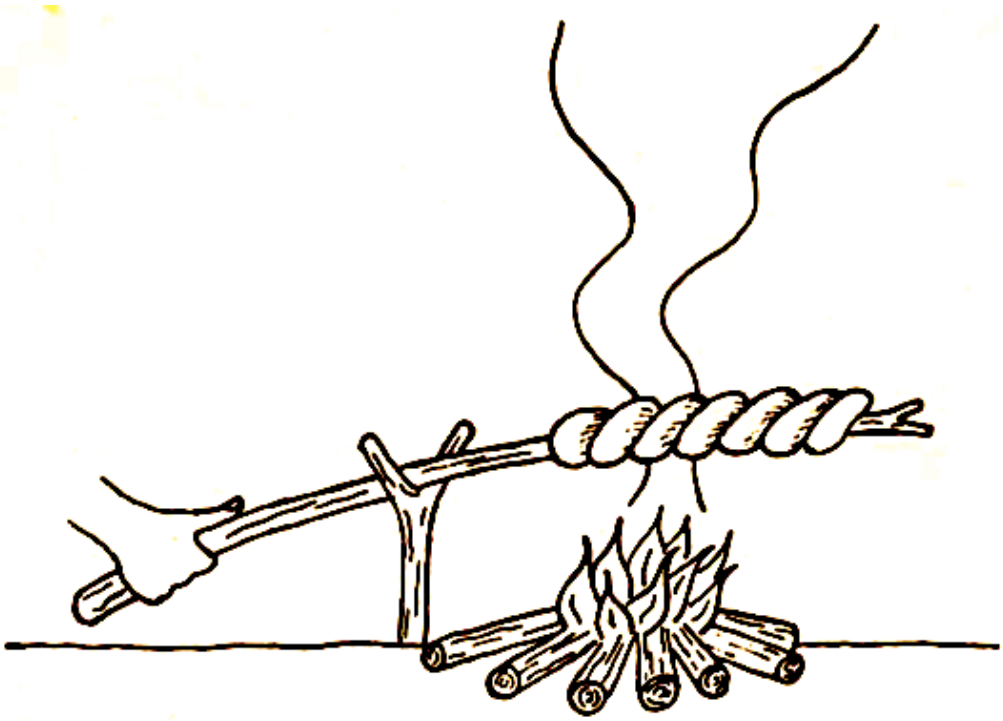
1 cup Bisquick mix **water**
cinnamon sugar

Mix the Bisquick with enough water to form a dough. Roll into a long piece and wrap or twist around a clean green stick (not dried out). Sprinkle cinnamon sugar on twist. Place or hold stick over a fire and bake on all sides. Bake until golden brown. Break off a piece to check if inside is done. EAT

Crescent Rolls on a Stick *Modern time favorite*

tube of refrigerated Crescent rolls
Butter or margarine
Jam, jelly or honey

Using a thick green stick about 1 inch in diameter, wrap the dough for a crescent roll spiral fashion around the tip of the stick. Leave space with the spiral for the heat to reach all of the dough. Press the ends of the dough to the stick to stick to the stick..... Hold the stick over coals for 15-20 min., turning frequently as you salivate. When golden brown, slip the roll of the stick and spread with butter, jam, jelly, or honey. plan for 1-3 rolls per Scout.

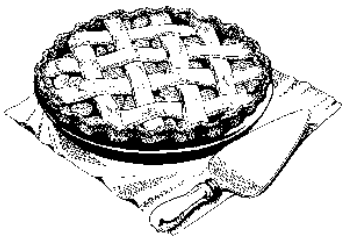


Biscuit Twists

Just Desserts

Cheap Pie *Dennis A. Schmitt*
FOIL

2 slices bread
margarine
cinnamon
jam or fruit pie
heavy foil



sugar,
filling

Butter two slices of bread, place buttered side down on foil. spoon on fruit filling and cinnamon sugar. Place on top the other slice of buttered bread and pinch the edges together. Seal in foil and lay on the coals for 10 minutes or so, turn over for another 5 minutes.

Baked Bananas *George of Jungle*
FOIL

Do not peel the bananas, but cut off the end tips to keep from breaking the foil. Slit the skin on the inside curve and fill with raisins and cinnamon sugar, chocolate or butterscotch chips, M&M's , brown sugar, chocolate bar squares, wheat germ, mini-marshmallows. Place on heavy foil and wrap tightly. Heat over coals 10-15 minutes.

Trail Cobbler *John G. Ragsdale* ***Dutch Oven***

2 cups biscuit mix
1 cup margarine
2 cups sugar
1 can fruit, drained
2 cups milk or water

Mix the biscuit mix, sugar, milk, and margarine. Add fruit and stir. Bake in covered oven about 1 hour. serves 8.

Apple Rings *Johnnie A. Seed*
FOIL

For each serving, place **3-4 thick apple slices** in **heavy double foil**. Sprinkle with **brown sugar** and **grated orange peel**. Dot with margarine and seal. Cook over low coals 10-15 minutes.

Foiled Again Apples. *Johnnie A. Seed*
FOIL

Place a peeled and cored **apple** on a double square of **heavy foil**. Fill center with 1 T crushed **pineapple** and **raisins**. Sprinkle generously with **cinnamon sugar**. Fold foil around each apple and seal tightly. Place in glowing coals and bake 20-40 minutes depending on size. You can also try cinnamon candies for filling.

Fruit Compost *I. B. Wisenheimer*
Pot

1 cup dried fruit bits **1/2 cup sugar**
1 teaspoon cinnamon **graham cracker**

Rehydrate the fruit in enough boiling water to cover the fruit. Let simmer with the sugar and cinnamon till fruit is soft and the liquid is thick. Don't let the sugar burn. Top with graham cracker crumbs.

Dutch Oven cake
Dutch Oven

1 box cake mix (your choice) **2 cans fruit pie filling**
margarine **eggs if needed for cake**

Empty the cake mix into a Large zip-lock type bag, add water and eggs according to box directions. Close the bag and mix by needing the bag.
Line the Dutch oven with heavy foil, (saves on clean-up). Empty the 2 cans of fruit pie filling into the lined Dutch oven, pour the cake mix over the top. Don't stir. Cover and place on coals, add 5-10 hot coals on top. Bake 30-45 minutes. Check with tooth pick or cleaned green stick.
combinations:

Chocolate cake and cherry pie filling
Yellow cake and peach pie filling with maraschino cherries (no steams)
White cake and apple pie filling with cinnamon

Choco-Chip Pie

1 graham cracker crust pie shell
1 package instant chocolate pudding and pie filling
Dream Whip instant Mix
dried milk powder.
1/2 cup chocolate chips (or pick out from your GORP)

Mix the pudding mix, water, and milk. Let set for a few minutes and then fold in the chips. Pour into the crust. Whip up the Cool Whip mix and top the pie. Sprinkle a few chips on top. Great for that surprise birthday party at camp. **Serves 6 or 1**

SomeMore's

Girl Scouts

Graham crackers
Marshmallows,
Hershey's chocolate bars
And one campfire.

Place large marshmallow (not the mini's) on a long pealed green stick and heat over campfire until gooey. Prepare the graham cracker by breaking into two squares. Place a chocolate square and the hooey-gooey marshmallow between the graham crackers and allow the chocolate to melt. Eat and have *SomeMore*.

CHOCOLATE BUTTERMILK CAKE

This rich cake is made without eggs so you don't have to hunt down powdered eggs or an egg substitute. Powdered buttermilk is available in health food stores and supermarkets.

3/4 cup flour
1/4 cup cocoa powder
1/4 tsp. salt
1/4 cup oil
1/2 cup sugar
1/2 tsp. baking soda
2 Tbsp. buttermilk powder
1 chocolate bar

At home: Combine all ingredients except oil and chocolate. On the trail: Add 1/2 cup water and the oil to dry ingredients and mix well. Standard BakePacker: Boil/bake 20 minutes. Ultra-light BakePacker: Use half the recipe and boil/bake 12-14 minutes. Banks Fry-Bake Alpine: Bake 20 minutes in greased pan. Outback Oven: Heat to "bake" range, then bake 20 minutes.

As soon as the cake is done, top with pieces of chocolate bar for the frosting.

Skillet Pudding *Ed Bailey*
Skillet

1 can evaporated milk **1/4 cup sugar**
3/4 cup water **3/4 cup instant cocoa mix**
10-12 Graham crackers, cookies...

Put the first 4 ingredients in a skillet and bring to a boil, stirring constantly. Add 10-12 coarsely broken graham crackers; cover. Cook over low heat for about 10 minutes, stirring occasionally.

Here Come the Fudge *Eagle Brand*
Double Boiler

1 12 oz. package semi-sweet chocolate chips
1 teaspoon vanilla extract
1 cup peanut butter chips
1 (14 oz) can Eagle Brand Sweetened condensed milk

In a double boiler or heavy saucepan over low heat, melt the chocolate chips, vanilla extract, and sweetened condensed milk. Stir frequently. Remove from heat and add peanut butter chips. Stir to distribute, not to melt. Spread evenly into foil lined 8 inch square pan and chill in ice box for 2 hours or until firm. Turn over on cutting board and peel off foil. then cut into squares and protect from temptation.

Peach Cream Pie DAS

1 graham cracker crust pie shell
1 package instant peach pudding and pie filling
water for the pudding and instant milk,,, see the box, depends on the size of box you got.
dried milk powder.
Dream Whip instant Mix & water for that
1/2 cup dried peach slices or 4 fresh peaches (peeled & sliced)

Rehydrate the peaches. Mix the pudding mix, water, and milk. Let set for a few minutes and then fold in the peaches. Pour into the crust. Whip up the Dream Whip mix and top the pie. Serves 6 or 1

NEVER FAIL PEANUT BUTTER FUDGE

2 cups sugar
1 cup milk
pinch salt
2 tablespoons butter
1 teaspoon vanilla
3/4 cup crunchy peanut butter -- or smooth

Boil sugar, milk and salt for 10 minutes. Add butter. Continue boiling until mixture forms a soft ball in cold water. Remove from heat. Add vanilla and peanut butter. Beat until mixture starts to set. Pour quickly into buttered pan. Once it starts to set, it hardens fast.

Termite Pie *Ed Bailey*
Skillet

1 box cake mix **2 quart zip lock bag**
1 cup raisins **2 T. vegetable oil**

Need a sweet item for breakfast or night time snack? Mix a cake mix in a zip lock bag following directions on box, BUT use only 1/2 the suggested water. Add 1 cup of raisins (termites). Oil a small skillet or mess kit; pour in 1 cup of cake mix for a mess kit , 2 cups for a small skillet; cover pan; fry slowly, very slowly; flipping the pie when the top of the pie starts to set (dry out); cook a few more minutes and then count the termites as you eat.

Instant Pie *Dennis A. Schmitt*
ONEPOT

1 box instant pudding mix, **1/4 cup instant milk**
graham crackers.

Mix the pudding and dried milk with the right amount of cold water and beat with a whisk until thick. Pour into cups. Top with crushed graham crackers. **Serves 3-4.**

Peace Pie

Angle Food Cake **Peaches**
Whipped Cream (Dream Whip)

Layer slices of Angle Food Cake in a tin pie pan. cover with peaches, Fresh, canned, or rehydrated Top with whipped topping.

Optional cinnamon sprinkled on peaches

BACK COUNTRY DUMPLINGS *Posted by Joe Mergler*

Here's my favorite backpacking dessert: You Need
1 1/2 Cups Bisquick **1/4 cup sugar**
1 TBS. Cinnamon **Some more sugar**
Dried Fruit (Apples, Cherries or blue berries)

Directions:
When you make it into camp , take your dried fruit and start soaking it in water. The longer you soak the better (at least 3 hours) to rehydrate the fruit. Add a couple of Tbs. of sugar to the mix to sweeten the mixture. Boil and reduce heat to simmer. Mix Bisquick, sugar and cinnamon slowly add water until a thick dough forms. "Glop" on top of the simmering sauce cover and simmer 10 minutes. Mmmmmmmm dumplings.....

Gorp Cookies

1 cup butter **1 1/2 cup honey**
2 eggs, beaten **1/2 tsp. salt**
2 tsp. vanilla **1 tsp. baking powder**
1/4 cup powdered milk **3 3/4 cup whole wheat flour**
1 cup sunflower seeds **1 1/2 cup chopped peanuts**
1 1/2 cup raisins **1 1/2 cup chocolate or carob chips**

At home, cream the butter until smooth. Beat in the honey, then beat in the eggs, salt, and vanilla. In another bowl, mix the baking powder, powdered milk, and flour; add to the creamed mixture and blend. Stir in seeds, nuts, raisins, and chocolate or carob chips. Drop dough by teaspoonfuls onto unoiled cookie sheets and bake at 375 degreesF for 10 to 12 minutes.

Pistachio Pudding *Jell-O*
ONEPOT

1 box instant Pistachio pudding **2 cups cold wate**
3 Tbs. powdered milk

Mix milk with water, add pudding and whip with a whisk for 2-3 minutes. Let set and serve.

BACKCOUNTRY FRUIT TART [Backpacker Magazine, July/August 1996]

1/2 cup freeze-dried blueberries **1/2 cup freeze-dried strawberries**
1 pkg. lemon pudding mix **4 pkgs. sponge cakes, individual size**
1/2 cup slivered almonds

Hydrate the berries in the zipper-lock bag by covering with hot water. Set aside for 30 minutes. Prepare pudding following directions on the box. Top the sponge cakes first with pudding, then berries, and a sprinkling of almonds.

Chocolate Tortillas *A Swiss Miss From El Paso*
Skillet

2 flour tortillas **chocolate bar or chips**
mini Marshmallows **vegetable. oil**

Heat skillet with oil, Add tortilla. Add chocolate chips or pieces of bar and the marshmallows. Cover with second tortilla and flip. Cover until chocolate melts.

Apple Fritters *Wisconsin favorite*

1 cup prepared pancake batter **2 large firm apples**
sugar **cinnamon**

Peal and core apples, then cut into wedges. Dip each wedge into prepared pancake batter. Fry in hot grease till golden brown. Drain on paper towels. Coat with cinnamon -sugar mixture while still warm

Orange Fritters *Florida favorite*

1 cup prepared pancake batter **2 large oranges**
1 tsp grated orange rind (zest)

Peal oranges, then separate into segments. Remove any seeds. Add 1 Tbsp grated orange rind to the batter. Dip each wedge into prepared pancake batter. Fry in hot grease or oil till golden brown. Drain on paper towels. Serve with orange sauce or roll in sugar.
ORANGE SAUCE: 3 oz pkg softened cream cheese and 3 Tbsp orange juice or Spaceman's orange crystals. (Tang). Beat until smooth.

Rice Krispies Treats *Kellogg's*
ONEPOT

6 cups Rice Krispies cereal **1 10 oz package marshmallows**
vegetable cooking spray **1/4 cup margarine**

Melt margarine in a large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add Rice Krispies and stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

Peanut Butter Treats *Kellogg's*
ONEPOT

Original Rice Krispies Treat recipe above ^ plus 1/4 cup peanut butter

add 1/4 cup of peanut butter to melted marshmallows before adding to Rice Krispies. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

Caramel Treats *Kellogg's*
ONEPOT

Original Rice Krispies Treat recipe above ^ plus 1/3 cup caramel ice cream topping

add 1/3 cup of caramel ice cream topping to melted marshmallows before adding to Rice Krispies. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

Choco Treats *Kellogg's*
ONEPOT

Original Rice Krispies Treat recipe above ^ plus 1/3 cup mini chocolate chips

add 1/3 cup of mini chocolate chips to Rice Krispies before adding the melted marshmallows. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

NoSlowMor Power Bars *Dennis A. Schmitt*

Original Rice Krispies Treat recipe **plus 1/3 cup Mini chocolate chips**
1/2 cup sunflower seeds,
1/2 cup peanut butter

add 1/2 cup of peanut butter to melted marshmallows before adding to a mixture of Rice Krispies and the sunflower seeds and chocolate chips. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 bars.** Variety: substitute 1/2 sugar and 3/4 cup Karo syrup for the marshmallows and margarine.

Joy's Joy aka Peanut Corn Flake cookies *Joy Schmitt*
ONEPOT

1/2 cup sugar **3/4 cup light Karo Syrup**
waxed paper **1 cup Peanut Butter**
6 cups Corn Flakes **shortening**

Melt the sugar and Karo Syrup in a sauce pan over low heat, add the Peanut butter. In a Large lightly greased bowl, pour the sauce over the 6 cups of Corn Flakes and fold in. Form or scoop into balls and cool on waxed paper. *Variety: add 1/4 cup miniature chocolate chips.*

Rice Krispies GORP Bars *Dennis Schmitt*

6 cups Rice Krispies cereal **vegetable cooking spray**
Peanuts **Raisins,**
M&M's **1/2 cup sugar**
3/4 cup light Karo Syrup **1 cup Peanut Butter**

Melt the sugar and Karo Syrup in a sauce pan over low heat, add the Peanut butter. In a Large lightly greased bowl, pour the sauce over the 6 cups of Rice Krispies and fold in. Add 1/4 cup

peanuts 1/4 cup M&M's. 1/4 cup raisins, and stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

Apple Cinnamon Crisp

Create a tasty apple crisp with an apple-crunch topping. After one taste, you'll want to make it again and again.

Prep Time:20 min
Start to Finish:55 min
Makes:9 servings

4 cups sliced red apples (3 to 4 medium)
1/2 cup quick-cooking or old-fashioned oats
1/4 cup packed brown sugar
3/4 teaspoon ground cinnamon
1/3 cup firm butter or margarine
2 cups Apple Cinnamon Cheerios® cereal

1. Heat oven to 350°F. Arrange apples in ungreased 8- or 9-inch square pan.
2. In medium bowl, stir together oats, brown sugar and cinnamon; cut in butter with pastry blender or fork until crumbly. Stir in cereal; sprinkle over apples.
3. Bake uncovered 30 to 35 minutes or until golden brown. Serve warm. Cover and refrigerate any remaining crisp.

Blueberry Crunchies

Several cups of blueberries
1 cup flour
1 cup oats
1 cup brown sugar
1 cup butter

At home mix this together and cook in a glass flat dish for 30 minutes at 350 degrees. Divide and take what you need for the size of crisp you are making.

Mix your blueberries and a small amount of water with sugar to taste. Put this in bottom of your pan and sprinkle the crisp over it. Cook for 10 - 15 minutes or until the blueberries are soft.

Crunchy Granola Bar
Dian Thomas

1/2 cup crunchy peanut butter
2 T. honey
1 tsp. lemon juice
Stir together and warm in large double boiler
1 1/4 cups granola with dates

add to mixture. press into a lightly greased 8x8 inch pan. cut into squares after drying until firm in dryer or low oven (120 F) with door open.

Brown Bears in the Orchard
Dutch Oven

2 cans of apple pie filling
1 Box of gingerbread mix

Put the apple pie filling in the dutch oven. Mix up the gingerbread and drop by spoonfuls onto the filling. Cover and cook until the gingerbread is done.

Makes a cobbler-like desert with a twist.

Mock Coconut Angel Cake

6 thick (3/4- to 1-inch) slices bread
1 cup shredded coconut
14 ounces sweetened condensed milk (make your own with equal portions milk, powdered milk, and powdered sugar)

Cut bread slices into fourths. Dip the squares in the milk, then roll in the shredded coconut. Pierce the prepared square with a two- pronged fork and toast over the fire coals until lightly browned. Reverse position of the bread to brown both sides. Be careful, as this burns easily. Yield: 24 squares

Fruit Turnovers

1 tube Crescent Rolls

1 can fruit pie filling or chunky apple sauce.
1 beaten egg
foil lined cardboard oven or reflector oven

Lay out a triangle of crescent roll dough and place 1-2 tablespoons of pie filling in center. Brush beaten egg along the edges and lay a second piece of dough on top. press edges together. Bake for 10-15 minutes or until golden brown. serves 4

Fruit Bits Cobbler
Dennis Schmitt
ONEPOT

1 pkg. Jiffy cake mix
1/2 package Sunkist Fruit Bites
1/2 cup sugar
1 tsp. cinnamon

Mix the fruit bites, sugar and cinnamon with 2 cups water and stir. Heat to boil and reduce on simmer for 5 minutes. Mix the cake mix (small box) with 5-7 Tbs. water to make thick batter. Spoon onto fruit and cook about 10 more minutes on simmer. serves 3.

A package of Apple Cider drink mix works well too.

Cherry Cobbler

1 pkg. Jiffy cake mix
1/2 cup dried cherries
1/2 cup sugar
1 tsp. lemon crystals
1 tsp. cornstarch

Mix the cherries, sugar, cornstarch, and lemon cyrstals with water to cover and stir. Heat to boil and reduce on simmer for 5 minutes in a cook pot with a tight fitting lid. Add more water if too thick. Mix the cake mix (small box) with 5-7 Tbs. water to make thick batter. Spoon onto fruit and cook about 10-15 more minutes on simmer. serves 3.

No Bake Cobbler Dan O' Canna (danocanna@aol.com)

After a few days of backpacking any hot desert is well received. Here is a generic recipe for a lightweight no-bake dish that will perk you up after a long cold day.

Dried fruit Sugar Water
Biscuit mix Spices

Match the spice to the fruit species. Cinnamon is great with apples and peaches. You may wish to try Allspice or Nutmeg, too/instead. Mix dried fruit with an equal volume of sugar in a cook pot with a tight fitting lid. Cover fruit mix with about two times volume of water. If the fruit is 1" deep in the pot add water to make a total of 2" water and fruit. Spice to taste. Simmer for about 15 minutes to rehydrate fruit. Mix biscuit mix with about 1/4 volume sugar and spice to taste. Add water and mix to make a soft dough. This can be done in a zipper type plastic bag. Add by spoonfuls to the top of the simmering fruit. Cover and cook on lowest heat for about 20 minutes. DON'T PEEK. Removing the lid while cooking can cause the dumplings to fall and become hopeless dough balls. Don't let the fruit scorch from too much heat. You may want to try this recipe at home to adjust the sugar and spices to suit yourself, before taking it on the trail. Two packages of dried apples and two cups of biscuit mix make enough for 4 hungry campers.

Peggy's Mother's Quick and Easy Peach Cobbler Crisp

1 stick margarine
1 cup flour
1 cup milk (use condensed or evaporated milk)
1 cup sugar
3 teaspoon baking powder
1 large can sliced peaches (or bring in dehydrated peaches and hydrate them before baking)
Cinnamon

Melt butter in large, high-sided fry pan. Mix flour, milk, sugar, and baking powder in a separate bowl. Pour out over melted butter in baking dish. Spoon peaches over mixture and sprinkle cinnamon for taste. Bake for about 30-45 minutes or until it looks done.

Bisquick Brand Cobbler

1 cup sugar
1 cup Bisquick baking mix
1 cup milk (use condensed or evaporated milk)
1 stick margarine
1 large can sliced peaches
Cinnamon

Melt margarine in a large, high-sided frying pan. Mix sugar, Bisquick, and milk in a separate bowl, then pour over the melted margarine. Drain the peaches. Place slices evenly in pan. Bake for 45-60 minutes. Remove from oven and sprinkle with sugar and cinnamon.

old fashion chocolate brownies

This is what Mom used, but it's probably from Betty Crocker

2/3 cup butter or margarine
5 oz unsweetened baking chocolate, cut into pieces
1 3/4 cups sugar
2 teaspoons vanilla
3 eggs
1 cup all-purpose flour
1 cup chopped walnuts

1. Heat oven to 350°F. Grease bottom and sides of 9-inch square pan. In 1-quart saucepan, melt butter and chocolate over low heat, stirring constantly. Cool slightly. *Double boiler works well here.*
2. In medium bowl, beat sugar, vanilla and eggs with electric mixer on high speed 5 minutes. Beat in chocolate mixture on low speed. Beat in flour a quarter at a time, just until blended. Stir in walnuts. Spread in pan.
3. Bake 40 to 45 minutes or just until brownies begin to pull away from sides of pan.
Cool completely in pan on cooling rack. For brownies, cut into 4 rows by 4 rows.

Top with a chocolate icing or caramel drizzle. And sprinkle with some more chopped walnuts.

BROWNIES
outback oven recipe

1/4 cup butter, 2 Tbs. oil (or 2/3 cup oil)
3/4 cup sugar
1 tsp. vanilla
1/3 cup flour
1/4 cup cocoa powder
2 eggs (or 4 Tbs. powdered)
1/2 cup chopped walnuts

Mix all except flour, then add flour. Stir in nuts with a few quick strokes. Bake 15-20 minutes. It'll be soft in the middle and drier around the edges when done. Cool before cutting (if you can wait!).

DUTCH OVEN COBBLERS

Categories: Pies, Desserts, Scouts, Fruits

Yield: 8 servings

2 can Fruit (peaches, cherries, pineapple, apricots)
1 can Sweetened condensed milk (we used Eagle Brand)
1 Box white cake mix favorite flavoring for fruit (cinnamon, almond, etc)

First, start fire early so as to have plenty of hot coals. <grin>. Actually an oven set at 350 F will do in a pinch.

Then line a 4-qt cast iron dutch oven with aluminum foil. If your doing this on a bed of coals use the type of dutch oven that has feet and a flat lid with a lip to hold the coals.

Mix fruit with about 1/2 Cup of the cake mix and choice of flavoring, put in the dutch oven. Mix the remaining cake mix and the can of Eagle Brand milk together and pour over the fruit/cake mixture.

Put cover on, place on top of a bed of coals and place a heaping shovelful of coals on top. Or put in oven. Cook for 45 min. to an hour (check after 40 minutes)

VARIATIONS Mixtures of fruits are delicious; cherry/pineapple, peaches/apricots, dark cherries/peaches. Anything that suits your fancy.

BP Turnovers….posted by TrailHound

A few years back, a friend who's a backwoods chef type came up with this recipe and it's great! Ingredients are: dehydrated apples (or you could substitute another fruit), nutmeg, allspice, cinnamon, oil or butter (I like the butter flavored Crisco sticks), and a small can of grocery store biscuits (don't get the "flaky" kind). The small cans have like 5 biscuits in them and travel well in cooler weather. Rehydrate the apples using the spices at your discretion. Roll the biscuit out in a pan (you can make it fit most any pan, even a pot). Spoon a generous portion of apples in the middle and fold it over, crimping the edges with a fork. Fry it on both sides until golden brown and eat up...but watch out it's hot!

Apple crisp: *SARBAR* = Sarah Kirkconnell

At home:
Mix **1 cup rolled oats, 1/4 cup toasted wheat germ, 2 Tbsp butter, 1 tsp cinnamon, and 1/4 cup brown sugar**.
Spread on a cookie sheet and bake at 350* until crisp, watch to be sure you don't burn it.
Bag when cool.

In a second bag place:
1/4 lb. dried apples (or use about 2 cups dried cherries for cherry crisp), 1/2 tsp. cinnamon, a pinch of nutmeg, and a Tbsp or so of sugar.

In camp:
Add 1.5 to 2 cups boiling water to the apples. Place in cozy for 10-15 minutes. When fruit is well-hydrated, divide into bowls, and sprinkle some of the crisp topping over each bowl.
Serves 2-4.

Fruit Compote: *Thank you to RebeccaD*

Mix dried strawberries, blueberries, and cranberries in equal portions. Put about 1/2 cup in a quart freezer bag. Add boiling water, put in a cozy for 10 min and eat.
Serves 2.

Apple or Fruit Crisp, for the Trail

Serves 1

1	**package**	**instant oatmeal**
	dash	**cinnamon**
3/4	**cup**	**dried apples – chopped or dried peaches, or fruit bits**
1/8	**cup**	**flour**
1/8	**cup**	**margarine**
1/8	**cup**	**sugar**
		water

Place apples in a pot and cover with water to rehydrate.
Mix oatmeal, cinnamon, flour, sugar, and margarine.
Spread the crisp mixture over the apples and bake for 15-20 minutes.
Do not burn on the one burner stoves.
Move the heat or create a pot oven.

Cherry Crisp

2	**cans**	**cherry pie filling**
2	**sticks**	**butter -- melted**
1	**box**	**white cake mix**
1 3/4	**cups**	**nuts -- chopped**

Pour pie filling into a lined Dutch oven. Sprinkle cake mix over top of filling. DO NOT STIR. Top with nuts. Pour melted butter over the top. Bake for 30 minutes.

Apple, peach, or any fruit filling can be used.

More Favorites...

Sample Evaluation Sheet (what went Right, what went Wrong)

Information provided by Scott Dillard, Scouter

Here's an evaluation sheet that the Patrol Leaders have in their Troop Leaders Notebooks and use from time to time to evaluate how their meal process is (or is not) going:

__ Was the food good?
__ Was there enough food for everyone?
__ Was there not too much food wasted?
__ Did everyone get his fair share of food?
__ Was the duty roster posted and used?
__ Did everyone do his job without complaining?
__ Did everyone offer to help others with their jobs when they could?
__ Was it a well-balanced meal?
__ Did you say grace before the meal?
__ Did you give your patrol yell?
__ Is the patrol area clean after the meal?
__ Was there enough water for the meal?
__ Was there enough water to put out the fire?
__ Was the fire prepared on time?
__ Did you use a fire starter?
__ Was it a "legal" fire starter?
__ Was there a ready means for putting out the fire in case it got out of control?
__ Was there enough firewood for the entire meal (without having to go get more)?
__ Was the fire kept going through the meal until the KPs were through?
__ Was the fire properly extinguished when KPs were done?
__ Was the fire always attended (never left alone)?
__ Was the fire the right size for the job?
__ Did anyone who was not busy offer to help the fire/water crew?
__ Was the meal prepared on time?
__ Was the food warm when it was served?
__ Did the cooks wash their hands before they started?
__ Did the cooks have the food ingredient list for this meal?
__ Did the cooks have all the food ingredients they needed?
__ Did the cooks know how to prepare the meal?
__ Were the cooks ready to cook when the fire was ready?
__ Did you have the right hardware to do the job (for example, pots, pans, utensils, can opener, gloves, HPTs)?
__ Were missing hardware items written down by the Patrol Quartermaster so that you will have them next time?
__ Was the fire right for cooking (not too cold or too hot)?
__ Were the outside of cooking pots soaped before they went on the fire?
__ Did the cooks serve the food?
__ Was the entire meal ready and served at the same time?
__ Did the cooks have enough help?
__ Was a little water put in emptied pots to keep food from hardening?
__ Did the cooks make sure the kitchen area was clean when the meal was done
__ Did anyone who was not busy offer to help the cooks?
__ Was KP completed on time?
__ Was a sump hole used for the wash water?
__ Was the sump hole located in a proper place?
__ Was the wash water hot when the patrol finished eating?
__ Was there enough fire to heat the water quickly?
__ Did everyone AP his own personal gear?
__ Did the KPs AP the kitchen gear?
__ Was everything AP'd before it was washed?
__ Was the gear washed and rinsed properly?

__ Was the Dutch oven properly cared for?
__ Was the sump hole filled in if this was the last meal of the day?
__ Did anyone who was not busy offer to help the KPs?

KP = Kitchen Police AP= Area Police?

Patrols and Senior Patrol Leaders should always review the Thorns and Roses of the campouts.

ADDITIONAL READING

* Available at a reasonable price at the Scout Shop

* **Camp Cookery for Small Groups**, Arthur J. Walrath, ed., 1967, BSA revised **2015**
* **The Scout's Outdoor Cookbook,** Christine & Tim Conners, 2008, Falconguides
* **Dutch Oven Cooking**, John G. Ragsdale

* **Camper's Guide to Outdoor Cooking**, John G. Ragsdale,

* Merit Badge books:	Cooking, Camping, Backpacking
* Outdoor Skills Instruction manuals	Cooking, Camping, Backpacking
* Venture manuals	Winter Camping, Backpacking, Canoe Camping
* Meeting Pamphlets	Cooking
* Woods Wisdom	

* Boy Scout Roundtable Planning Guide
* Fieldbook - Boy Scouts of America
* Fieldbook - For Canadian Scouts call a Canadian Scout Shop

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Bill and Jo McMorris., 1988, **Camp cooking** : a backpacker's pocket guide / New York, NY : Lyons & Burford, . 115 p..

Dorcas S. Miller, **Backcountry Cooking- From Pack to Plate in 10 Minutes**
The Mountaineers
ISBN: 0-89886-551-4

Dorcas S. Miller, **More Back-Country Cooking- Moveable Feasts From the Experts**
The Mountaineers
ISBN: 0-89886-900-5

Brenda K. Kulibert, 1995, **Campground cookery**, Explorer's Guide Publishing, Rhinelander, Wi, 184 pages.

Alan S. Kesselheim, **Trail Food: Drying and Cooking Food for Backpacking and Paddling** (Paperback)

Sarah Svien Kirkconnell, **Freezer Bag Cooking: Trail Food Made Simple** (Paperback)

Laurie Ann March, **Fork in the Trail: Mouthwatering Meals and Tempting Treats for the Backcountry** (Paperback)

Christine Conners, **Lipsmackin' Backpackin': Lightweight Trail-tested Recipes for Backcountry Trips** (Paperback)

by Christine Conners (Author), Tim Conners, **Lipsmackin' Vegetarian Backpackin'** (Paperback)

Gen MacManiman, **Dry It--You'll Like It!** (Paperback)